

SERVES: 2 LITTLE ONES AND 2 ADULTS

WHAT YOU'LL NEED

2 cups no salt stock
1.5 cups polenta
1 cup parmesan cheese
1 cup courgette, grated
1 tbsp cornflour
1 knob of unsalted butter

For dusting:

2 tbsp grated parmesan
2 tbsp polenta

METHOD

Put the polenta and courgette into a pan and cover it with stock. Simmer for 15 minutes until it starts to come away from the sides of the pan. Be sure to stir every couple of minutes.

Add in the parmesan, cornflour and butter and give it a good stir. Pour the mixture into a tub and allow to cool in the fridge for 2 hours before slicing it into batons.

Sprinkle over a little more uncooked polenta and a handful of grated parmesan and pop them into a preheated 180 degree celsius oven for 8 -10 minutes. We served ours with spinach hummus.

TOP TIP

This is a great recipe to add more flavour to as your baby grows, so add in some peas, grated carrot and even a few spices and herbs like rosemary, parsley and cumin.

