

SERVES: 2 LITTLE ONES AND 2 ADULTS

WHAT YOU'LL NEED

Stage 3 Lentil and Veg Bake Pouch

1 carrot

½ broccoli

1 tsp of each spice (ground cumin, ground coriander, paprika)

3 tbsps breadcrumbs

Beetroot Hummus:

2 cooked beetroot

3 tbsp olive oil

Juice of ½ lemon

1 tin chickpeas, drained

2 tbsp tahini

2 ice cubes



METHOD

Pulse the carrot and broccoli. Stir in the pouch and add the spices and breadcrumbs. Warm gently in a pan, stirring until the mixture holds its shape nicely.

Leave to cool, then shape into nuggets and dip in more breadcrumbs before baking at 180 degrees celsius for 10 minutes.

To make the hummus, simply blitz all the ingredients and add water to make your desired consistency.

TOP TIP

These can be frozen for up to 3 months, so get your batch cook on.

