

HOW TO ADAPT EACH RECIPE



Use this guide to help you easily adapt our meals for your whole family.

- Avoid adding any salt or sugar to your baby's meal and ensure the food offered is safe for their age.
- Always stay with your baby whilst they are eating and ensure all foods are prepared safely - avoid choking risks.

| MILD CHICKEN CURRY | BUTTERNUT SQUASH RISOTTO |
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| 6-7 months | 6-7 months |
| <p>Spoon-fed: Blend together some of the cooked sweet potato with pepper, onion or pineapple and/or some soft cooked chicken.</p> <p>Finger food: Cut a few wedges from the sweet potato or pepper and steam roast in the oven until soft.</p> | <p>Spoon-fed: Blend or well mash some cooked butternut squash with a little risotto rice and/or cheese.</p> <p>Finger food: Cut the butternut squash into fingers and roast until soft.</p> |
| 7-10 months | 7-10 months |
| <p>Spoon-fed: Blend together some of the cooked curry into a thick purée or mash. Mix in a little cooked rice for more texture.</p> <p>Finger food: Cut a few wedges from the sweet potato or pepper and steam roast in the oven until soft. Shred some chicken thigh into pieces. You could also mix some shredded chicken and rice together into balls or tots.</p> | <p>Spoon-fed: Blend, mash or mince down a small portion of the risotto including all ingredients.</p> <p>Finger food: Using wet hands roll a small amount of the cooked and slightly cooled risotto into balls or tots.</p> |
| QUICK BEEF CASSEROLE | CHICKEN NOODLE SOUP |
| 6-7 months | 6-7 months |
| <p>Spoon-fed: Blend together cooked carrots, broccoli, green beans and/or potato. Butter beans also blend easily into this purée or mash.</p> <p>Finger food: Cut a few wedges from the potato and boil. You can also offer steamed or boiled broccoli florets, green beans or carrots.</p> | <p>Spoon-fed: Blend together one or more of the cooked vegetables e.g. parsnip, carrot and/or spinach. You could also add some blended soft cooked chicken thigh for iron.</p> <p>Finger foods keep a little carrot or parsnip aside and chop into finger size and steam or roast until soft.</p> |
| 7-10 months | 7-10 months |
| <p>Spoon-fed: Blend or well mash a small portion of the full casserole.</p> <p>Finger food: Offer cooked pieces of all vegetables, potato and stewed beef that can be picked up by little fingers.</p> | <p>Spoon-fed: Mash or mince all of the cooked vegetables and chicken ingredients of the soup together. Cut some noodles into small pieces to add extra texture.</p> <p>Finger food: Offer all vegetable ingredients in the recipe as a cooked finger food. Sweetcorn is perfect pincer-grip practice, alongside parsnip and carrot as easy palm grasp finger foods. Soft cook some of the chicken and offer as shredded pieces.</p> |

HOW TO ADAPT EACH RECIPE



| CHICKPEA TAGINE | SALMON & TOMATO SPAGHETTI |
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| 6-7 months Spoon-fed: Blend or well mash your choice of cooked vegetables with or without some chickpeas and spices. You could also blend a full portion of the final recipe. Finger food: Keep aside some carrots and/or aubergine and chop into fingers and roast with a pinch of a few spices until soft. | 6-7 months Spoon-fed: Blend or well mash some cooked broccoli and spinach. Add in some blended salmon for healthy fats. Finger food: Keep aside a couple of large broccoli florets to steam or boil as a soft finger food. |
| 7-10 months Spoon-fed: Mash or mince a small portion of the full tagine. Stir through some cooked couscous for extra texture. Finger food: This meal is great offered from a loaded spoon or for little fingers to dig right into. Ensure chickpeas are squashed or flattened, and all vegetables are finely diced and soft cooked. | 7-10 months Spoon-fed: Mash or mince together tomatoes, broccoli and salmon. Serve alongside chopped spaghetti. Finger food: Offer salmon flakes alongside cooked chopped spaghetti and soft broccoli florets. |
| SWEET & SOUR CHICKEN | MOROCCAN-STYLE LAMB STEW |
| 6-7 months Spoon-fed: Blend or well mash a portion of cooked peppers (skin removed), either with pineapple and/or some blended cooked chicken thigh. Finger food: Cut a few large wedges of pepper and roast until soft. Remove the skin then serve. Offer pineapple rings whole or in half - roll in milled seeds or oats if little one struggles to pick them up. | 6-7 months Spoon-fed: Blend together some cooked carrot and/or sweet potato. Add in some slow-cooked lamb for extra protein and iron. Finger food: Cut carrots or sweet potato into wedges and steam or roast until soft. |
| 7-10 months Spoon-fed: Mash or mince a small portion of the sweet and sour chicken. Stir through some cooked rice for extra texture. Finger food: Offer options as per 6-7 months or cut pineapple into smaller pieces to practice pincer-grip. Keep some soft cooked chicken aside to shred and offer as finger food, or combine with rice and a little sauce for tots. | 7-10 months Spoon-fed: Mash or mince a small portion of the full recipe and ingredients together. Stir through some cooked couscous for extra texture. Finger food: This meal is great offered from a loaded spoon or for little fingers to dig right into. Ensure chickpeas are squashed or flattened, and all vegetables are finely diced and soft cooked. |

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| RATATOUILLE | CHICKEN THAI GREEN CURRY |
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| 6-7 months Spoon-fed: Blend together one or more of the vegetables including some cooked potato, courgette, aubergine and peppers. Add a handful of blended butter beans for extra fibre, protein and iron. Finger food: Keep aside some courgette, potato and or aubergine cutting into wedges and steam or roast until soft. | 6-7 months Spoon-fed: Blend or well mash a portion of cooked potato, green beans and/or chicken. Finger food: Keep aside some potato and slice into wedges or large fingers and roast, steam or boil until soft. Offer softly cooked green beans and finely shredded bok choi. |
| 7-10 months Spoon-fed: Blend or mash together a small portion of the ratatouille, alongside potato fingers or mashed potato. Finger food: Offer soft cooked vegetable or potato fingers as per stage 6-7 months, or cut some vegetable into smaller pieces to practice pincer grip. Mash the butter beans with some cooked vegetables, form into patties or fingers and bake for 15-20 minutes. | 7-10 months Spoon-fed: Mash, mince or finely chop all of the ingredients in the curry. Cut some noodles into small pieces to add extra texture. Finger food: Offer all ingredients from the curry, cooked and prepared ready for little finger - shred chicken or leave in soft slices, keep potato and vegetables in fingers, shredded or finely diced. Chop or break noodles into pieces. |
| SPAGHETTI BOLOGNESE | MEDITERRANEAN STUFFED RED PEPPERS |
| 6-7 months Spoon-fed: Blend or mash together a portion of the full Bolognese or choose a selection of vegetables and to cook until soft and blend together with or without cooked mince and passata. Finger food: Keep aside some carrot and cut into large fingers to boil, steam or roast until soft. You can offer cooked and shredded spinach. For an iron rich option, keep a little mince aside, add a pinch of spices and roll into balls or sausage shapes and cook. | 6-7 months Spoon-fed: : Cook and blend or well mash together some cooked pepper, mushrooms and/or mixed beans Finger food: Cut pepper into quarters and roast 1-2 quarters before removing the skin. Larger mushrooms, sliced can be good finger food once cooked too. |
| 7-10 months Spoon-fed: Mash, mince or finely chop together all ingredients within the Bolognese (it may not need adjusting much) adding in some chopped cooked spaghetti. Finger food: The finished bolognese is great offered from a loaded spoon with some chopped cooked spaghetti alongside for little fingers to dig into. You always have the options outlined at 6-7 months too. | 7-10 months Spoon-fed: : Blend or mash the pepper filling, including quinoa for extra texture. Finger food: Offer peppers cooked and finely diced, or as per 6-7 month suggestion. Roll pepper filling into ball or tot shape to make a self-feeding option. |

HOW TO ADAPT EACH RECIPE



| ROAST DINNER TRAYBAKE | QUICK FISH PIE |
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| 6-7 months | 6-7 months |
| <p>Spoon-fed: Cook and blend or well mash together your choice of vegetables from the meal with or without chicken.</p> <p>Finger food: Keep aside a portion of carrot/parsnip/sweet potato and cut into wedges or fingers and roast until very soft. Steam or roast green beans until soft.</p> <p>Chicken can be offered shredded or sliced (ensure its soft and not too tough).</p> | <p>Spoon-fed: Blend or well mash together a small portion of the full meal or a portion of the cooked vegetables, potato and fish.</p> <p>Finger food: Keep aside some potato and/or carrot and cut into wedges or fingers and roast, steam or boil until soft.</p> <p>Spinach can also be offered finely shredded. Fish can be offered as chunky pieces or large flakes.</p> |
| 7-10 months | 7-10 months |
| <p>Spoon-fed: Well mash or mince a portion of the full recipe.</p> <p>Finger food: Offer vegetables as per 6-7 months, or offer options such as grated or finely diced and soft carrot depending on your baby's progress.</p> | <p>Spoon-fed: Blend, mash or mince together a small portion of the full meal, including all ingredients.</p> <p>Finger food: This meal is great offered from a loaded spoon, or de-construct the fish pie and offer all cooked elements as finger foods referring back to 6-7 month recommendations.</p> |
| INDIAN-STYLE VEGGIE PILAF | JERK CHICKEN |
| 6-7 months | 6-7 months |
| <p>Spoon-fed: Choose any of the vegetables in this dish, cook and blend together or mash well, with or without chickpeas and/or spices.</p> <p>Finger food: Offer large fingers of carrot, cauliflower and/or beetroot. Cucumber also makes a great finger food cut into slices.</p> | <p>Spoon-fed: Blend or well mash black beans, avocado and mango (optional). Add in some cooked chicken for extra protein and iron.</p> <p>Finger food: Keep aside some black beans and mash with a pinch of spices (optional) and spread onto toast or rice cakes.</p> <p>Cut 1-2 slices from your ripe mango and/or avocado. Keep a little skin on for your baby to grasp - both are slippery!</p> <p>Offer chicken thigh soft and well cooked - it should easily fall apart in your hands.</p> |
| 7-10 months | 7-10 months |
| <p>Spoon-fed: Blend, mash or mince together a small portion of the full meal, including all ingredients. Mix in cooked rice before blending or mashing for extra texture.</p> <p>Finger food: This meal is great offered from a loaded spoon, or offer the meal ready to self-feed by ensuring chickpeas are smashed or flattened, vegetables are carefully sliced or diced appropriately and cooked until soft.</p> | <p>Spoon-fed: well mash or mince a portion of the full recipe</p> <p>Finger foods Offer any options as per 6-7 months or:</p> <p>Chop avocado and mango into smaller pieces to practise pincer grip, alongside smashed or flattened black bean, rice and soft cooked or shredded chicken thigh.</p> |

HOW TO ADAPT EACH RECIPE



| MEXICAN-STYLE MEATBALLS | MAC & GREENS |
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| 6-7 months Spoon-fed: Blend or well mash a small portion of the sauce with the meatballs and/or cooked quinoa. Finger food: Cut a few large wedges of pepper and roast until soft. Remove the skin then serve. Offer slices of very softly cooked meatball (cooking in the sauce a little longer as needed). | 6-7 months Spoon-fed: Blend or well mash together cooked broccoli, cauliflower and/or spinach. Stir in some grated cheese for some extra fat and calcium. Finger food: Chop a portion of your broccoli and cauliflower into large florets and boil or steam until soft. |
| 7-10 months Spoon-fed: Fork mash, mince or well chop a portion of the meatballs and sauce, stir through some quinoa. Finger food: As per 6-7 months, or offer small chopped pieces of the meatballs with a little sauce. | 7-10 months Spoon-fed: mash, mince or finely chop a small portion of the finished Mac & Greens including all ingredients. Finger food: Offer a portion of the Mac & Greens for your baby to get stuck into. As long as all vegetables are chopped and cooked appropriate they should be able to manage all aspects of this dish with their fingers. |
| CHICKEN & VEG STIR FRY | TUNA PASTA BAKE |
| 6-7 months Spoon-fed: Blend or well mash cooked peppers, carrots and broccoli, with or without the chicken (which may need cooking until softer in some stock). Or offer a small portion of the cooked chicken stir fry, blended with or without the noodles. Finger food: Offer softly cooked carrot sticks and broccoli florets. You can also offer chicken thigh soft and well cooked - it should easily fall apart in your hands. | 6-7 months Spoon-fed: Cook and Blend or well mash together your choice of vegetables from the meal with or without tuna. Finger food: Cut carrot into sticks and/or pick off 1-2 broccoli florets and boil or steam until soft. Offer optional well cooked pieces of pasta and flakes of tuna. |
| 7-10 months Spoon-fed: Mash or mince together all ingredients within the stir fry adding in some chopped noodles. Finger food: As per 6-7 months, or progress to offer more finely chopped pieces of soft cooked vegetables, shredded chicken and chopped noodles. | 7-10 months Spoon-fed: mash, mince or finely chop a small portion of the finished pasta bake including all ingredients. Finger food: Offer a portion of the tuna pasta bake for your baby to get stuck into. As long as all vegetables are chopped and cooked appropriate they should be able to manage all aspects of this dish with their fingers. |

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| MIDDLE-EASTERN AUBERGINE STEW | QUICK CHICKEN CASSEROLE |
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| 6-7 months Spoon-fed: Blend or well mash a small portion of the finished stew, with or without some rice. Alternatively choose your preferred vegetables to blend together with or without chickpeas and spices. Finger food: Cut aubergine and pepper into chunky slices and roast until very soft. Remove the pepper skin. You could also offer cooked and finely chopped spinach. A portion of blended or mashed stew can be offered via a loaded spoon too. | 6-7 months Spoon-fed: Blend or mash together a small portion of the cooked casserole or choose 2-4 of the veggies to cook until soft then blend together. Finger food: Keep aside some carrot and or sweet potato to cut into fingers and steam or roast. Cut 1-2 slices from your ripe mango. Keep a little skin on for your baby to grasp - it's slippery! |
| 7-10 months Spoon-fed: mash, mince or finely chop a small portion of the finished stew, stirring in cooked rice for extra texture. Finger food: Offer a mashed or minced portion of the stew on a loaded spoon and/or ensure vegetables are cut and well cooked so that baby can also practice their pincer grip. Make sure chickpeas are smashed or flattened (easy to do with the back of a spoon or fork). If you want additional finger foods alongside refer to 6-7 month advice. | 7-10 months Spoon-fed: mash or mince together a portion of the casserole including all ingredients and mix in the cooked quinoa for extra texture. Finger food: This dish is great offered from loaded spoons, or chop some cooked casserole up and mix with cooked quinoa and make into balls. Offer vegetables as smaller soft and diced pieces that they can practice their pincer-grip with. Softly stewed chicken also makes a great finger food. |
| SPEEDY COTTAGE PIE | VEGGIE CHILLI |
| 6-7 months Spoon-fed: Blend or mash together a portion of the full cottage pie or choose a selection of vegetables and potatoes to cook and blend together with or without cooked mince. Finger food: Keep aside any of the following; potato, sweet potato, carrot or green beans, cut into fingers as needed and cook e.g. boil, steam or roast until soft. | 6-7 months Spoon-fed: Blend together one or more some of the cooked vegetables e.g. tomatoes, courgette and pepper. You could also add some kidney beans to a puree as an iron source. Finger food: keep a little courgette and chop into finger food size and steam or roast until soft. Cut a quarter of a pepper into chunky finger foods and roast until soft (and peel skin off). |
| 7-10 months Spoon-fed: Mash, mince or finely chop (as needed) a full portion of the dish together including all ingredients. Finger food: This recipe is easiest offered by a spoon. Offer your baby a load spoon or let them scoop a cooled portion of the pie up with their hands. If you'd like additional Finger food: refer back to 6-7 month recommendations. | 7-10 months Spoon-fed: Blend or mash together a portion of the veggie chilli, and mix in some cooked rice and sweetcorn for extra texture. Finger food: Cooked sweetcorn is perfect for practicing that pincer-grip. Squash together cooked rice into a ball or sausage shape with wet hands for an easy way to make this more hands friendly. Otherwise offer with a loaded spoon and allow baby to practice self-feeding. |

HOW TO ADAPT EACH RECIPE



| CHICKEN GNOCCHI BAKE | FISH & CHIPS |
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| 6-7 months Spoon-fed: Blend or well mash a portion of the cooked vegetables and chicken. Stir through some yoghurt for extra creaminess, and add optional basil for a different flavour. Finger food: Offer some cooked and well minced kale and/or very soft pieces of chicken. | 6-7 months Spoon-fed: Blend together some of the cooked sweet potato, peas and/or broccoli. Add some mint for a extra big taste. Finger food Offer roasted sweet potato wedges as they are (perfect finger food size) and/or give 1-2 broccoli florets a little longer in boiling water until super soft. |
| 7-10 months Spoon-fed: Mince or finely chop a full portion of the dish including all ingredients. Finger food: If your baby's feeding skills are becoming more advanced, offer some chopped pieces of gnocchi. These can be quite sticky so keep on eye on baby. Offer chicken as soft cooked pieces or shredded, alongside peas and shredded kale. | 7-10 months Spoon-fed: Blend or mash all the potato and vegetable ingredients together (or separately). Cook a little of the fish without the breadcrumbs and flake into mash. Finger food Offer all ingredients on offer as a finger food. Peas are perfect pincer-grip practice, alongside sweet potato and broccoli as easy palm grasp finger foods. Soft cook some of the fish, and offer smaller or larger flakes. |
| LENTIL DHAL | SPANISH STYLE CHICKEN & RICE |
| 6-7 months Spoon-fed: Blend or mash together a portion of the dhal containing all ingredients. Finger food: This recipe is easiest offered by a spoon. Offer your baby a load spoon or let them scoop a cooled portion of dhal up with their hands. If you'd like additional Finger food: keep aside some sweet potato and cut into fingers, roast or boil until soft. | 6-7 months Spoon-fed: Blend or well mash together a small portion of the full meal or a portion of the cooked vegetables and/or chicken. Add some optional smoked paprika for taste. Finger food: Keep aside some green beans and/or courgette and/or pepper. Cut the pepper into large finger size chunks and roast until soft and remove the given. Boil or steam the green beans or courgette fingers until soft. |
| 7-10 months Spoon-fed: This dhal is the perfect texture just as it is from around 7 months of age. Ensure vegetables are well cooked, and chopped to an appropriate size for your baby. Mixing in rice added extra texture. Finger food: this recipe is easiest offered by a spoon. Offer your baby a load spoon or let them scoop a cooled portion of dhal up with their hands. If you'd like additional finger foods. Keep aside some chopped and cooked pieces of sweet potato or shredded spinach. | 7-10 months Spoon-fed: Blend, mash or mince together a small portion of the full meal, including all ingredients Finger food: Offer as per 6-7 months, or provide small chopped pieces of the vegetable, alongside some shredded chicken and rice. You can offer rice or the mixed dish on a loaded spoon, or allow to cook a little and roll into balls or tots for little fingers. |

HOW TO ADAPT EACH RECIPE



| SPAGHETTI MEATBALLS | MUSHROOM STROGANOFF |
|--|---|
| 6-7 months Spoon-fed: Blend or well mash a small portion of the pasta sauce with the meatballs and/or cooked pasta. Finger food: Keep aside a portion of courgette, cut into slices and steam or roast until soft. Offer slices of very softly cooked meatball (cooking in the sauce a little longer as needed). | 6-7 months Spoon-fed: Blend or well mash a small portion of the finished mushroom stroganoff, with or without some cooked quinoa. Finger food: Keep some green beans aside to cook a little longer until soft. Offer some preloaded spoons of the stroganoff as above for self-feeding. |
| 7-10 months Spoon-fed: Fork mash, mince or well chop a portion of the meatballs and sauce, stir through some chopped or snapped spaghetti. Finger food: As per 6-7 months, or offer small chopped pieces of the meatballs with a little sauce. Offer cooked chopped spaghetti to get stuck into with little fingers. | 7-10 months Spoon-fed: Fork mash, mince or well chop a portion of the stroganoff and mix with some cooked quinoa. Finger food: As per 6-7 months, or offer small chopped pieces of mushroom, squashed chickpeas and cooked green beans. |

10+ MONTHS

Offer and serve all foods from the meals as per recipe. You may need to mash down the dish a little depending on your baby's progress.