



4-in-1 healthy baby food maker

Recipe



## Baby's first fish 'n' chips mash and baby's first baked fish 'n' chips



In collaboration with:



## Fish 'n' chips mash

Makes: 1 cup (210g)

*Freezable, gluten free, wheat free, egg free, dairy free,*

**Nutrition note:** Different cooking methods vary the flavour and texture of many foods. The simple additional baking step in this recipe brings out the sweetness of the fish and vegetables that naturally appeals to babies and toddlers.

### Ingredients:

- 1 small fillet skinless, boneless flathead (70g).....
- ½ medium potato (100g).....
- ¼ medium sweet potato (100g).....
- 4 small broccoli florets (optional).....
- Fresh herbs eg. pinch of thyme/oregano (optional).....
- 1 tbsp baby's usual milk to taste (optional).....

## Baked fish 'n' chips

+5-10 minutes baking time

*Freezable, gluten free, wheat free, egg free, dairy free*

### Ingredients:

- Steamed fish, potato and sweet potato from baby's first fish 'n' chips mash recipe.....
- 4 small steamed broccoli florets (optional).....
- 1 tsp extra virgin olive oil.....
- Fresh herbs eg. pinch of thyme/oregano (optional).....

**Storage:** Mash can be kept in Philips Avent fresh food storage pots for up to 2 days. Alternatively, freeze individual portions for up to 2 months. 'Baked fish 'n' chips' is best served fresh.

Steam **15** mins

Total **20** mins

### Method

1. Wash and peel the potato and sweet potato and cut into roughly 2cm cubes.
2. Remove any bones and skin from the flathead and cut into roughly 4cm pieces.
3. Remove the lid of the Philips Avent 4-in-1 healthy baby food maker jar and put the potato, sweet potato, fish, optional broccoli florets and optional herbs in. Replace the lid and lock into the right position.  
*Safety note: Check carefully for any bones before serving fish to your baby.*
4. Remove the lid of the water tank and fill with water until it reaches the '10/15 min' level.
5. Replace the lid of the jar. Press to lock the 4-in-1 healthy baby food maker jar in the steam position
6. Set the steam time to '15' minutes. It will start steaming and stop automatically at 15 minutes, giving you peace-of-mind.
7. Turn the steam button back to the 'off' position. Flip the jar over.
8. Place the jar on the main unit. Rotate clockwise and lock it in the blend position.
9. To make a puree blend 2 to 3 times for 5 seconds each, until desired consistency is achieved and stir through optional milk for creaminess.

### More options:

For a baby who is used to more texture, drain the cooking water out and blend less by pulsing the food or use a fork to press the cooked food.

For a finger food option drain the cooking water and see 'Baked fish 'n' chips'.

### Baked fish 'n' chips

1. Preheat the oven to 180°C (160°C fan forced) and line a small tray with baking paper. Wrap the optional steamed broccoli florets in foil to keep warm.
2. Place the steamed fish pieces, potato and sweet potato cubes on a tray. Gently drizzle over the olive oil, sprinkle the optional herbs and toss to coat.
3. Bake for 8 minutes or until lightly golden and cooked thoroughly. Serve with the optional steamed broccoli florets.