Meat and three veg puree and quinoa mash
### Meat and three veg puree

**Makes:** 1 ½ cups (360g)

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

**Nutrition note:** Some babies enjoy being spoon fed beyond their first tastes and this hearty, iron-rich meal will satisfy both their growing needs and hungry appetites.

**Ingredients:**

- 120g diced lamb or beef ........................................
- ½ medium sweet potato (approx. 170g) ..................
- 1 small zucchini (approx. 120g) ...........................
- 2-3 broccoli florets ..............................................

---

### Quinoa mash

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

**Ingredients:**

- Steamed meat, sweet potato, zucchini and broccoli florets from meat and three veg puree recipe ..............
- 1-2 tbsp cooked quinoa (to serve) ..........................

**Storage:** The puree/mash can be kept in Philips Avent fresh food storage pots in the fridge for up to 1-2 days. Alternatively, you can freeze in individual portions for up to 2 months.

---

### Steam **20 mins**  
**Total 30 mins**

**Method**

1. Remove any skin and fat off the meat. Cut the meat into roughly 1cm size cubes.
2. Wash the broccoli and zucchini. Wash and peel the sweet potato. Cut the vegetables into roughly 1cm size cubes.
3. Remove the lid of the Philips Avent 4-in-1 healthy baby food maker jar and put all of the ingredients in. Replace the lid and lock into the right position.
4. Remove the lid of the water tank and pour water in until it reaches the ‘20 min’ level.
5. Replace the lid of the jar. Press to lock the jar in the steam position.
6. Set the steam time to ‘20’ minutes. It will start steaming and stop automatically after 20 minutes is reached, giving you peace-of-mind.
7. Turn the steam button back to the ‘off’ position.
8. Flip the jar over.
9. Place the jar on the main unit. Rotate it clockwise to lock it into the blend position.
10. Blend 2 or 3 times for 15 seconds each, until the desired consistency is reached.

**Quinoa mash**

1. Follow instructions above to step 8.
2. Drain the cooking water from the 4-in-1 healthy baby food maker jar before processing the meat and vegetables.
3. For a chunkier consistency, process less by blending 2 or 3 times for around 5 seconds for a mash/chunky consistency. Alternatively, use a fork to mash the meat and vegetables.
4. Stir through 1 or 2 tablespoons of cooked quinoa when serving a portion to your baby for added texture and nutrition.