

PHILIPS
AVENT

4-in-1 healthy baby
food maker

Recipe



Meat and three veg puree and quinoa mash



In collaboration with:



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	<input type="checkbox"/>
½ medium sweet potato (approx. 170g)	<input type="checkbox"/>
1 small zucchini (approx. 120g)	<input type="checkbox"/>
2-3 broccoli florets	<input type="checkbox"/>

Quinoa mash

+3 minutes prep

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	<input type="checkbox"/>
1-2 tbsp cooked quinoa (to serve)	<input type="checkbox"/>

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.