

PHILIPS
AVENT

4-in-1 healthy baby
food maker

Recipe



Savoury chicken and veg puree
and chicken and veg couscous bars

In collaboration with:



Savoury chicken and veg puree

Makes: 1 ½ cups (360g)

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

Nutrition note: Introducing finger foods from around six months of age helps to develop the skills and muscles children need to chew, swallow and enjoy a wide variety of foods and textures.

Ingredients:

- 1 chicken thigh. Alternatively, use 2 chicken tenderloins (approx. 80g).....
- 1 small parsnip (approx. 120g).....
- 1 small carrot (approx. 90g).....
- 1 ¼ cups diced pumpkin (150g).....

Couscous bars

+45 minutes prep and cooking time

Freezable

Ingredients:

- 1 ½ cups of savoury chicken and veg puree.....
- ½ cup couscous (65g).....
- 1 egg*.....
- ¾ cup grated cheese* (90g).....

Storage: The puree or bars can be stored in Philips Avent fresh food storage pots in the fridge for 1-2 days. Alternatively, you can freeze the puree or bars in individual portions in the freezer for up to 2 months.

*Omit the egg for allergies to egg and omit the cheese for allergies to cow's milk protein.

Steam **20** mins

Total **30** mins

Method

1. Trim any fat from the chicken. Cut the chicken into roughly 1cm size cubes.
2. Peel and wash the parsnip and carrot. Cut the vegetables into roughly 1cm size cubes.
3. Remove the lid from 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.

Couscous bars

1. Preheat the oven to 180°C (160°C fan forced). Grease and line a 20x20cm square baking dish with baking paper.
2. If you are continuing on from Step 10, carefully pour the hot puree into a medium sized mixing bowl. Stir through the couscous and then cover and allow to stand for 5 minutes. (If you have prepared the puree in advance, gently heat in a small saucepan until it begins to boil prior to stirring through the couscous).
3. Add the egg and half the cheese to the couscous mixture and stir to combine.
4. Pour the mixture into the lined baking dish and spread evenly.
5. Top with the remaining cheese and bake in the oven for 25-35 minutes, or until set and golden.
6. Allow to cool for 10 minutes, then slice into bars.