

Chicken, Veggie & Brown Rice Purée

Rating: ★★★★★

Dietary: V, VEG, DF, GF, EF, NF

Allergens: /

Age group: 6-8 months

Mealtime: Lunch

Difficulty level: Beginner



Serves: 4 babies
(puree + finger food serves)

Prep: 10 mins

Cook: 25-20 mins

Chicken, Veggie & Brown Rice Puree



Vegan



Vegetarian



Dairy Free



Gluten Free



Egg Free



Nut Free

Equipment

Blender (Vitamix)

Ingredients

- 100g carrot, peeled and cut into batons
- 100g zucchini, rinsed and cut into batons
- 100g cucumber, peeled and cut into batons
- 120g lean chicken mince
- 160g cooked brown rice (80g uncooked)
- 1 tbsp (10g) fresh basil, rinsed and finely chopped

Method

1. Fill a large saucepan, with a steamer basket, 1/3 full with water, bring to a boil over medium-high heat.
2. Add the carrot and zucchini to the steamer basket and place over the pot.
3. Cover with a lid and steam on medium heat for about 15 mins.
4. Meanwhile, heat a non-stick frying pan over medium heat and cook chicken mince for 2-3 mins or until cooked through, breaking up clumps with a wooden spoon and adding some water if necessary.
5. Cook brown rice according to packet instructions.
6. Set aside 3 steamed vegetable pieces (1 piece carrot, 1 piece zucchini, 1 piece raw cucumber) per child and serve as a finger food.
7. Place cooked meat, remaining vegetables and basil in a blender and blend until smooth or lumpy puree, adding boiled water if needed.

Mandy's serving suggestion:

Serve puree with steamed vegetables on the side.

Storing leftovers:

Store in an airtight container in the fridge for up to 3 days or freeze in portions for up to 4 months.

Tips

- ✓ **Prep tips:** Cook puree in large batches and freeze in small portions.
- ✓ **Easy ingredient swaps:** Swap vegetables for seasonal vegetables of choice.

Stage 5 Toddler version: Chicken & zucchini meatballs in roasted capsicum sauce.

Stage 2 Finger food version: Mini chicken zucchini meatballs with steamed carrot, zucchini and cucumber.