

Carrot soup with yellow split peas



This soup is packed full of nutrients and is a good source of protein for vegetarians

Ingredients:

- 225g (8oz) split yellow peas
- 25g (1oz) butter
- 350g (12oz) of carrots, peeled and sliced
- 100g (4oz) washed and sliced leeks
- 1.2 litres (2pints)
- 1 onion, peeled and chopped
- 1 bay leaf
- 1 clove garlic, crushed
- 2tbsp crème fraiche
- 1 tbsp fresh chopped parsley, salt and freshly ground black pepper

Method:

- Soak the split peas in cold water overnight.
- Melt the butter in a large saucepan and sauté the carrots, onion, bay leaf and garlic for 3-4 minutes.
- Stir in the leek and split peas.
- Pour in the vegetable stock, cover and bring to the boil and simmer for 40mins.
- Remove the bay leaf and liquidise in a food processor.
- Stir in the crème fraiche and parsley and season to taste.

Pasta with Gruyere, Spinach and Sweetcorn



Spinach has a quite strong taste on its own, but blends well with a cheese sauce and the sweetcorn adds a slightly sweet taste that babies like.

Ingredients:

- 2 tbsp small pasta shapes
- 85g (3 ½ oz) fresh spinach (English spinach)
- or 40g (½ oz frozen spinach
- 15g (½ oz) unsalted butter
- 150 ml (5 fl oz) your baby's usual milk
- 40g (1 ½ oz) of cooked frozen sweetcorn
- 40g 1 ½ oz) grated gruyere cheese

Cook the pasta according to the instructions on the packet. Melt the butter, stir in the flour and cook for 30 seconds. Gradually whisk in the milk to make a smooth white sauce.

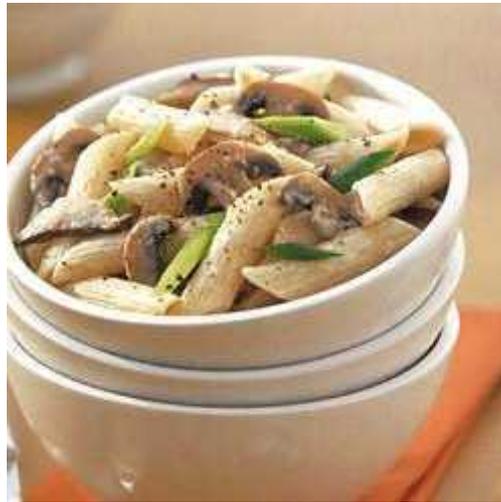
Bring to the boil and then simmer for 1 to 2 minutes.

Remove from the heat and stir in the cheese until melted. If using fresh spinach carefully wash it and put in a saucepan, sprinkle with a little water and cook until tender (about 3 minutes).

Squeeze out all of the water. Combine the spinach (fresh or frozen) with the cheese sauce and puree in a mouli.

Stir the cooked pasta and sweetcorn into the spinach and cheese sauce.

Penne with Chicken in a Creamy Mushroom and Cheese Sauce



Since pasta is generally so popular with children, it's a good way to get them to eat other nutritious foods by combining them with pasta.

- 200g (7oz) penne pasta
- 2 tbsp olive oil
- 75ml (2 ½ fl oz) chicken stock
- 1 clove garlic, crushed
- salt and freshly ground black pepper
- 200g (7oz) mascarpone cheese
- 100g (4 oz) Gruyere cheese, grated
- 150g (5 oz) button mushrooms, sliced
- 2 chicken breasts, cut into bite sized pieces

Cook the penne in a large pan of lightly salted water according to the packet instructions.

Heat the olive oil and sauté the mushrooms and garlic for 3minutes.

Add the chicken and simmer until the cheese has melted and the sauce has thickened slightly (about 4 minutes). Season to taste and stir in the penne.

Summer Fruit Yoghurt Ice Cream



This creamy frozen yoghurt tastes wonderful and it's made with good healthy ingredients. You could also make it using fresh summer fruits.

Ingredients:

- 300g (10oz) mixed frozen summer fruits e.g raspberries, blackberries, blueberries,
- 400ml (14 floz) mild natural yoghurt
- 200ml (7floz) double (thickened) cream
- 75g (3oz) caster sugar plus 1tbsp

Method:

Puree and sieve half the summer fruits.

Stir in the yoghurt if it is set yoghurt and lightly whisk the cream until it forms soft peaks.

Mix together the yoghurt, cream, 75g (3oz) of the caster sugar and the summer fruit puree. Freeze in an ice cream-making machine. When frozen, mix the remaining summer fruits with the remaining tablespoon of caster sugar and stir into the ice cream mixture.

Alternatively, spoon into a suitable container and put in the freezer. When half frozen, beat well until smooth, either with a hand-held electric whisk or in a food processor to break down the ice crystals that form.

Mix the rest of the fruit with the tablespoon of caster sugar and stir into the yoghurt ice cream.

Return to the freezer and stir one or two more times during the freezing process to get a smooth ice cream.

Thai Style Chicken Curry



Ingredients:

- 1tbsp vegetable oil
- 2 large chicken breasts (approx. 300g/10oz)
- 150g (5oz) new potatoes, thinly sliced
- 1 x 400ml (14fl oz) can coconut cream
- 75g (3oz) French beans, trimmed
- 75g (3oz) baby corn
- 100g (4oz) broccoli florets, chopped
- 12 cherry tomatoes, halved
- 1tsp caster sugar
- 1tsp lime or lemon juice
- 2tsp green Thai curry paste
- 600ml (1 pint) chicken stock

Method:

- Heat the oil in a wok or large frying pan and fry the chicken and potatoes until the chicken turns opaque (3-4mins).
- Stir in the coconut cream, Thai curry paste and chicken stock. Bring to the simmer and cook for 5-6mins, then add the beans, baby corn and broccoli.
- Simmer until the vegetables are tender (a further 8-10mins).
- Stir in the cherry tomatoes, sugar and lime or lemon juice.

Vegetarian Courgette Bake



A healthy nutritious vegetarian meal.

- 1kg courgettes
- 3 eggs
- 275ml (½ pint) single cream
- 120g (4 oz) cheese, grated
- salt and freshly ground black pepper
- butter

Pre heat the oven 200°C /400° F Gas mark 6 and grease a shallow baking dish

Wash and slice the courgettes and cook them in a pan of boiling salted water for 3 to 4 minutes

Drain the courgettes

Whisk the eggs and cream together in a mixing bowl and season with salt and pepper

Grate the cheese into a bowl

Put the courgettes into the baking dish and cover with the creamy egg mixture

Sprinkle the grated cheese on top

Bake the courgettes for about 20 minutes until the cheese turns golden brown