Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Texture of foods is very important for babies around 6-12 months (starting solids stage), beginning with well mashed to lumpy to then chopped (age/stage appropriate). Also, simple single food ingredients are recommended at early weaning stage and not composite dishes. Consult with your Health Visitor/ Dietician for advice and see:
www.publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods

Follow this link for recipes and wider information on introducing solid foods to your baby: **www.nhsggc.scot/your-health/early-years/starting-solids/**
For other family friendly recipes see: **www.parentclub.scot/recipes**

AUGERGINE PENNE ARRABIATA

INGREDIENTS (SERVES 4)

- **1** Mild green chilli
- **2** Aubergines
- **300g** Dried penne pasta
- **4** Cloves of garlic
- **400g** Tin of chopped tomatoes

PANTRY LIST

- Oil, water, black pepper

EQUIPMENT NEEDED

- Frying pan
- Medium pot
- Sharp knife
- Chopping board
- Measuring jug
- Wooden spoon
- Sieve
- Mug



PREPARATION TIME:
10 minutes
COOKING TIME:
30 minutes

METHOD

1. Halve and deseed the chilli and pour 2 tablespoons of oil into a frying pan on a medium-low heat. Add the chillies and cook gently for 5 minutes.
2. Meanwhile, put a medium pot of boiling water on.
3. Halve the aubergines lengthways and place in the boiling water. Cover with a lid and boil for 5 minutes. Then lift out the aubergine using a wooden spoon. Set aside to cool a little leaving the water on the boil.
4. Peel and finely chop the garlic cloves.
5. Cut the aubergine into medium chunks and add to the frying pan of chilli oil with the garlic. Add a pinch of black pepper, then increase to high heat and cook for 2 minutes.
6. Pour in the tomatoes to the frying pan, breaking them up with a wooden spoon. Set aside the tin.
7. Using the tin the tomatoes came in, half fill it with water and add this to the frying pan. Then leave this to simmer, stirring regularly, until the aubergine is cooked.
8. Whilst the aubergine mixture simmers, cook the pasta in the already boiled water for 8-10 minutes until cooked.
9. Drain the pasta using a sieve reserving a mugful of the cooking water. Then toss the pasta through the sauce. If the sauce is too thick, add some of the reserved cooking water to achieve your preferred consistency.
10. Your dish is now ready to serve.



ALLERGY INFORMATION:

Gluten: Penne pasta

Sulphites: Tomatoes