Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Please note: This recipe contains stock cubes/powder.

Use of stock cubes/powder (standard and low salt versions) should not be used with babies under 12 months of age and are not recommended for children under 11 years old. If you plan to use the low salt stock cube(s)/powder suggested for this recipe, please add this towards the end of cooking, taking out the baby/child's portion before you do so. Herbs and mild spices can be used.
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**
For further information on salt refer to: **www.bda.uk.com/resource/salt.html**

EASY LENTIL SOUP

INGREDIENTS (SERVES 4)

- **3** Low salt vegetable stock cubes
- **400g** (3-4) Carrots
- **1** Onion
- **170g** Red lentils

PANTRY LIST

- Water

EQUIPMENT NEEDED

- Large pot
- Wooden spoon
- Chopping board
- Sharp knife
- Grater
- Measuring jug
- Hand blender (optional, this recipe suggests using a hand blender if a smoother consistency is desired)



PREPARATION TIME:
10 minutes
COOKING TIME:
30 minutes

METHOD

1. Wash the carrots and then grate the carrots.
2. Peel the onion and then finely chop.
3. Put the carrots, onion, 2 litres of water, stock cubes and lentils into a large pot.
4. Bring to the boil then reduce the heat and simmer for 30 minutes until the lentils have softened. Stir occasionally.
5. Your soup is now ready to serve. If you would like a smoother consistency remove soup from heat and allow to cool before blending with a hand blender.



ALLERGY INFORMATION:

Celery: Vegetable stock cube

Sulphites: Vegetable stock cube

Legumes: Red lentils