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 TOMATO RISOTTO

INGREDIENTS (SERVES 4)

- **2** Onions
- **2** Garlic cloves
- **½** Teaspoon dried mixed herbs (plus extra to garnish)
- **400g** Tinned chopped tomatoes
- **300g** Risotto rice
- **2** Low salt vegetable stock cubes
- **40g** Cheese

PANTRY LIST

- Oil, water

EQUIPMENT NEEDED

- Frying pan
- Wooden spoon
- Chopping board
- Sharp knife
- Grater
- Measuring jug



PREPARATION TIME:
10 minutes
COOKING TIME:
35 minutes

METHOD

1. Grate the cheese and set aside.
2. Dissolve the 2 stock cubes in 900ml of boiled water and set aside.
3. Peel the onions and garlic, then finely chop the onions and the garlic.
4. Heat 1 tablespoon of oil in a frying pan and fry the onions over a medium heat for 6-8 minutes or until soft, stirring regularly.
   Add the garlic and half of the mixed herbs. Continue to fry for 1 minute, stirring constantly.
5. Add the chopped tomatoes. Simmer for 4-5 minutes to reduce the liquid, stirring often.
6. Add the risotto rice and stir for a minute to coat in the tomato sauce. Then add around 100ml of the hot stock. Stir continuously, continue to add more stock until it is absorbed.
7. Repeat until the rice is cooked and looks rich and creamy (this should take about 20 minutes). Add some more water if needed until the right consistency is reached.
8. Remove from the heat and stir in almost all of the grated cheese. Serve and sprinkle with the remaining mixed herbs and cheese to garnish.

ALLERGY INFORMATION:

Dairy: Cheese

Celery: Vegetable stock cube

Sulphites: Vegetable stock cube