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**

MUSHROOM and BELL PEPPER STROGANOFF

INGREDIENTS (SERVES 4)

- **1** Onion
- **2** Garlic cloves
- **500g** Mushrooms
- **2** Bell peppers
- **½** Teaspoon english mustard
- **1** Teaspoon paprika
- **½** Low salt vegetable stock cube
- **200g** Long grain rice
- **200ml** Greek yogurt

PANTRY LIST

- Oil

EQUIPMENT NEEDED

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



PREPARATION TIME:
15 minutes

COOKING TIME:
30 minutes

METHOD

1. Dissolve ½ of the enclosed low salt vegetable stock cube in 250ml of boiling water and set aside.
2. Add 400ml of boiling water to a medium pot, add rice and reduce heat. Cover with a lid and simmer for 10-12 minutes, stir occasionally. Turn off the heat, leave the lid on and let it sit for 5 minutes, fluff with a fork.
3. Peel and finely chop the onion and garlic. Slice the mushrooms then cut the peppers in half lengthways, remove seeds and slice the pepper.
4. Heat a frying pan over a medium heat and add 1 tablespoon of oil. Once hot, add the onion and cook gently for 5-7 minutes or until soft.
5. Add the garlic to the pan and continue to cook for 2 minutes. Then add the mushrooms and the peppers and cook gently for 5-6 minutes, or until the mushrooms are tender and golden brown and the peppers begin to soften.
6. Add the mustard and paprika and mix well so that everything is coated.
7. Add the stock, stirring as you pour it. Simmer gently for 5 minutes or until the liquid has evaporated.
8. Remove the stroganoff from the heat, stir in the yogurt and mix it all together. Serve the stroganoff over the rice.

ALLERGY INFORMATION:

Dairy: Greek yoghurt

Celery: Vegetable stock cube

Sulphites: Vegetable stock cube