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**

VEGETABLE and LENTIL COTTAGE PIE

INGREDIENTS (SERVES 4)

- **2** Garlic cloves
- **2** Carrots
- **1** Large onion
- **½** A small turnip
- **100g** Dried red lentils
- **400g** Tinned chopped tomatoes
- **1** Tablespoon tomato puree
- **½** Low salt veg stock cube
- **600g** Potatoes
- **60g** Spinach

PANTRY LIST

- Oil, water, milk, butter, cheese (optional)

EQUIPMENT NEEDED

- Baking dish
- Frying pan
- Medium pot
- Wooden spoon
- Chopping board
- Sharp knife
- Grater
- Measuring jug
- Vegetable masher
- Vegetable peeler



PREPARATION TIME:
20 minutes
COOKING TIME:
50-60 minutes

METHOD

1. Pour the 500ml of boiling water into a heat proof jug, then add ½ of the low salt vegetable stock cube.
2. Peel and chop the carrots and turnip into bite size pieces. Peel and finely chop the garlic and onion.
3. Heat 1 tablespoon of the oil in a frying pan. Add the onions and fry for 8-10 minutes over a medium–high heat or until they start to turn golden, stirring occasionally. Add the garlic and cook for another 2 minutes. Add 1 more tablespoon of the oil to the pan, add the carrots and turnip, and fry for 3 minutes.
4. Reduce the heat to medium. Stir in the lentils, tomatoes, tomato puree, and stock. Cover and simmer for 35-40 minutes over a low heat, until the carrots and turnip are tender, and the lentils have softened.
5. Peel the potatoes, place into a medium pot, cover with cold water. Bring to the boil, and simmer for 15-20 minutes until tender. Drain well.
6. Return the potatoes to the pot. Put 2 tablespoons of butter and 5 tablespoons of milk onto the potatoes and mash until smooth.
7. Preheat the oven to 200°C (fan 180°C/400°F/Gas 6).
8. Remove the lentils and other vegetables mixture from the heat, chop the spinach; add to the mixture and stir. Pour the mixture into the baking dish.
9. Smooth the mash potato over the filling. If you wish to add cheese, grate it now and sprinkle over the potato topping.
10. Place into the centre of the pre heated oven and bake for roughly 20 minutes until golden and bubbling.

ALLERGY INFORMATION:

Dairy: Butter, milk, cheese

Celery: Vegetable stock cube

Sulphites: Vegetable stock cube

Legumes: Red Lentils