

To help your little ones grow



Suitable for Home Freezing

Cook Time

25
mins

Prep Time

8
mins

Serves

14

Portions
(2 weeks)
for your baby



Garth McColegan

Chicken and Sweet Potato Smash

Ingredients

- 2 tbsp Extra Virgin Olive Oil
- 100g Chopped Onion
- 200g Chicken Breast, cut into chunks
- 2 Medium Carrots, peeled and sliced (approx. 120g)
- 600g Sweet Potato, peeled and chopped
- 400ml Chicken Stock
- 100g Frozen Peas

Method (For toddlers)

1. Heat the oil in a saucepan and cook the onion for 3 to 4 minutes until softened.
2. When the onion is soft add the chicken breast and cook for about 3 minutes.
3. Add the carrot and sweet potato, pour over the stock, bring to the boil and simmer, covered for about 15 minutes.
4. Then add the peas and continue to cook for 2 to 3 minutes.

Method (For babies)

1. Purée with a hand blender with enough of the cooking liquid to make the desired consistency.

Garth's Suggestions

14 portions (2 weeks)
for your baby and suitable
for home freezing.



**Fresh produce prices can vary.
Offers available for a limited time only, subject to availability.