



WEANING RECIPE: CHILLI JACKET POTATO



SERVINGS:
4 PORTIONS



TIME:
35 MINUTES



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- ¼ small onion
- 1 small wedge aubergine
- 1 small wedge courgette
- 1 small wedge red pepper
- 1 tsp vegetable oil
- ¼ tsp mild chilli powder
- ½ tbsp plain flour
- ½ tsp tomato purée
- 100g can chopped tomatoes
- 100g mixed beans, drained
- ½ tsp dried mixed herbs
- 25g frozen sweetcorn
- 100ml water
- 1 baking potato (¼ to serve)

Method:

1. Finely chop the onion, aubergine, courgette & pepper
2. Heat the oil in pan, add the onions & cook until softened
3. Add the remaining vegetables & cook for a further 5 minutes
4. Add the chilli powder & plain flour & mix well. Cook for 1 minute, & then add the tomato purée, chopped tomatoes, beans, herbs & sweetcorn
5. Cover & simmer on a low heat until thickened & the vegetables are cooked (10-15 minutes). Add a little water if it starts to stick to the pan
6. Prick the potato with a fork, place on a plate & microwave on high for 5 minutes. Turn over & microwave for a further 5 minutes until soft. Carefully cut open once cooled a little
7. Chop or mince ¼ of the cooked chilli & potato together. Serve in a bowl with a spoon for you baby to feed themselves.