



## A GUIDE TO WEANING YOUR BABY WITH DELICIOUS DISHES

### African Stew (7-9 months)



1. Chop onion, pepper, and sweet potato. Trim the beans and cut them in half.
2. Heat oil in a pan and add the onion. Cook for 2 to 3 minutes.
3. Add the remaining ingredients to the pan, boil, cover, and simmer (stirring occasionally) for about 20 minutes until the vegetables are cooked.
4. Mince or blend the stew before serving if needed.



### Blueberry Porridge (7-9 months)

1. Add porridge oats and milk to a saucepan.
2. Heat and stir until the porridge thickens.
3. Reduce heat and simmer for 2-3 minutes, stirring until oats are cooked.
4. Add blueberries and heat until soft.
5. Serve porridge with yogurt and sliced banana sticks.

### Chicken And Leek Hotpot (10-12 months)



1. Chop the potatoes, leeks, carrots, green beans, and boneless chicken.
2. In a large pan, heat some oil and add the chicken. Fry for 2-3 minutes.
3. Add carrots, leeks, potatoes, green beans, and water to the pan. Boil, cover, and simmer for 20 minutes until cooked. Optionally add water for extra sauce.
4. Bring water to a boil in a small pan and cook broccoli for 3-4 minutes until soft.
5. Stir in cream cheese and serve.

#### Reference:

1. Recipes and meal ideas; NHS