

BABY'S FIRST PUREES

Making homemade purees is a great way to ensure your baby gets fresh, nutritious food right from the beginning. When my baby Louis first started solids, I went into overdrive and created the most unique combinations but, in all honesty, he really just loved the simple flavour combinations I've shared here.

SAVOURY

LENTIL AND CHICKEN MASH

Makes about 2½ cups

- 100 g (½ cup) puy lentils (or any lentil of your choice)
- 1 carrot, cut into four
- 1 dried bay leaf
- 1 small chicken breast fillet (about 200 g), chopped

Place the lentils, carrot and bay leaf in a saucepan and cover with 750 ml (3 cups) of water. Bring to the boil, cover with the lid and reduce the heat to low. Simmer for 20 minutes or until the lentils are soft.

Add the chicken to the pan and cook for a further 8–10 minutes or until the chicken is cooked through. Transfer to a food processor and blend until smooth. Store in an airtight container in the fridge for up to 2 days.

SPINACH AND SWEET POTATO

Makes about 2 cups

- 2 small–medium sweet potatoes (about 400 g), peeled and cut into chunks
- 1 small potato, halved
- 2 large handfuls of baby spinach leaves
- 1 small cube of unsalted butter

Place the sweet potato and potato in a saucepan of cold water, bring to the boil and cook for 10–15 minutes or until the potato is tender. Now add the spinach and cook for a further minute, then drain. Return the drained vegetables to the pan or place in a jug, add the butter and puree with a hand-held blender until smooth. Store in an airtight container in the fridge for 2–3 days.

ZUCCHINI AND CARROT

Makes about 2 cups

- 2 carrots, sliced into rounds
- 2 zucchini, peeled and cut into large chunks

Place the carrot in a saucepan of cold water and bring to the boil. Now add the zucchini and cook for 10–15 minutes or until the carrot and zucchini are tender. Strain and place in a jug, then puree with a hand-held blender until smooth. Store in an airtight container in the fridge for 2–3 days.

OTHER GREAT SAVOURY COMBOS Beetroot and potato; cauliflower, pumpkin and white bean; leek and potato.

Zucchini and Carrot

Spinach and Sweet Potato

