

Recipe Booklet

Updated January 2022

NIP
ALLERGIES
IN THE
Bub

To help parents introduce the foods that may help to reduce food allergy if they are part of a baby's diet before 12 months of age



SOY



SHELLFISH



PEANUT



FISH



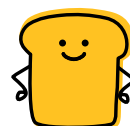
SESAME



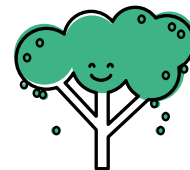
COW'S MILK



EGG



WHEAT



TREE NUTS

An important note to parents:

The recipes in this booklet have been developed to help parents introduce all the common allergy causing foods.

If a child is already diagnosed with a food allergy, they should not eat that food.

If your child has a food allergy, always check:

1. That the recipe does not contain the food(s) your child is allergic to.
2. That none of the commercially prepared ingredients (e.g. yoghurt, seasonings etc) contain the food(s) that your child is allergic to.

Some recipes can be easily modified – please contact nas@allergy.org.au if you need help to modify a recipe.

Please seek medical advice before placing your child on a restricted diet.

Equipment

As some of the recipes in this booklet need foods to be pureed or ground, you will need a food processor, bullet-style blender or stick blender. We recommend using a bullet-style blender or food processor.

For information about how to prevent allergies in babies, visit the Nip allergies in the Bub website: www.preventallergies.org.au

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Contains



FISH



COW'S MILK

White fish, leek and sweet potato

Around 6 months
(not before 4 months)
First foods and
soft lumps



Serves 2



Time

Prep: 7 minutes

Cook: 25 minutes



Suitable for
freezing

Ingredients

- 1 tablespoon margarine or butter
- 1 leek, finely diced
- 150g sweet potato, diced (1cm cubes)
- 100ml milk
- 1 tomato, skin removed and roughly chopped
- 100g boneless white fish fillet, cut into chunks
- 50g cheddar cheese, grated

Method

1. Melt the margarine in saucepan, add the leek and soften for 5-8 minutes.
2. Boil water and add sweet potato for 10 minutes or until soft. Drain potatoes.
3. Add the tomato and milk to the leek, bring to the boil.
4. Add the white fish to the leek mixture and simmer for about 3 minutes.
5. Add the cheese and drained sweet potato.
6. Puree in a blender or with a blending stick.

Contains



FISH



COW'S MILK

Fillet of fish with carrots and orange

Around 6 months
(not before 4 months)
First foods and
soft lumps



Serves 4



Time

Prep: 5 minutes

Cook: 25 minutes



Suitable for
freezing

Ingredients

- 2 medium carrots, peeled and chopped
- 2 small potatoes, peeled and chopped
- 175g boneless white fish fillets
- Juice of one orange
- 60g cheddar cheese, grated
- 1 tablespoon butter or margarine

Method

1. Steam or boil the carrots and potatoes for 15 minutes or until tender.
2. Place white fish fillets into a small microwavable dish. Pour the orange juice over the fish. Spread the fish with butter and sprinkle with cheese.
3. Microwave the fish for 2 - 3 minutes.
4. Add boiled carrots and potatoes to the fish and its juices and puree using a blender (can mash for older babies aged 10-12 months).



Notes

- This recipe would also work well in a steamer.

Contains



FISH



COW'S MILK

Salmon, pumpkin and dill puree

Around 6 months
(not before 4 months)
First foods and
soft lumps



Serves 4



Time

Prep: 5 minutes

Cook: 15 minutes



Suitable for
freezing

Ingredients

- 1 tablespoon olive oil
- 4 spring onions, chopped
- 120g pumpkin, peeled and finely chopped
- 40g corn kernels
- 100g raw salmon fillet, chopped or one small can of boneless salmon
- 1 teaspoon dill, chopped (if fresh), or dried
- 1 tablespoon parmesan or cheddar cheese, grated
- 1 cup water

Method

1. Heat the oil in a saucepan.
2. Fry the spring onions and pumpkin for 2 minutes.
3. Add the corn and water. Cover with a lid and bring up to the boil. Simmer for 8 minutes.
4. Add salmon and continue to simmer for 5 minutes (skip this step if using tinned salmon).
5. Remove from the heat and add the dill and cheese.
6. Blend mixture with 2 teaspoons water.

Notes

- This recipe has been adapted for a finger food version and can be found in the *10 to 12 months, soft chopped and mashed finger food* section.

Contains



EGG



COW'S MILK

Avocado, banana and egg puree



Serves 1



Time

Prep: 5 minutes

Cook: 5 minutes



Suitable for freezing

Ingredients

- 1 egg
- 1/4 avocado
- 1/2 small ripe banana
- 2 tablespoons natural yoghurt or milk

Method

1. Boil the egg for 10 minutes. Drain and run under cold water.
2. When cool enough to handle, peel the egg shell off.
3. Mix the avocado, banana, yoghurt and egg together in a blender.



Notes

- You may need to add a bit more milk or yoghurt to ensure the egg blends well.

Contains



EGG

Around 6 months
(not before 4 months)

First foods and
soft lumps



Serves 2



Time

Prep: 10 minutes

Cook: 25 minutes

Lentil and egg puree

Ingredients

- 2 teaspoons olive oil
- 1 leek, sliced
- 150g sweet potato, peeled and diced
- 70g zucchini, sliced
- 1 clove garlic, crushed
- 30g dried red lentils (or use canned brown lentils)
- 150g tomatoes, chopped (fresh or canned)
- 250ml vegetable stock
- 1 egg

Method

1. Heat oil in a saucepan. Fry the garlic for 30 seconds.
2. Fry the leek, potato and zucchini for 2-3 minutes.
3. Add the dried lentils, tomatoes and stock. Cover with a lid and simmer for 20 minutes until the vegetables and lentils are tender. If using canned lentils, add the lentils in during the last 5 minutes of simmering (e.g. at 15 minutes).
4. Meanwhile, cook the egg in boiling water for 10 minutes so that it is hard boiled. Drain and run under cold water.
5. When cool enough to handle, peel the eggshell off and slice the egg into quarters.
6. Add the egg to the lentil and vegetable mixture and puree using a food processor or blender.

Notes

- You can make a smoother puree by adding in more liquid, in this case, some more vegetable stock or water.
- This recipe could include the nut and seed mix (recipe on page 9) as a flavoursome addition.

Contains



PEANUT



TREE NUTS



SESAME

Around 6 months
(not before 4 months)
First foods and
soft lumps



Serves 2



Time

Prep: 15 minutes
Cook: 15 minutes

Nut and seed mix

Ingredients

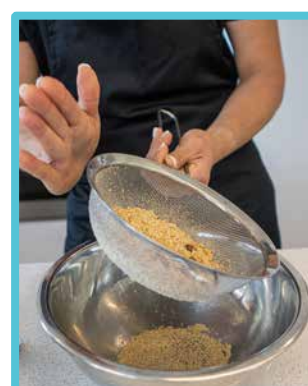
- ½ cup unsalted almonds (blanched and dry roasted)
- ½ cup unsalted cashews or pistachios (without shells)
- ½ cup unsalted walnuts or pecans
- ¼ cup unsalted peanuts, dry roasted
- ¼ cup sesame seeds

For interesting Indian flavours:

- 2 nibs cardamom
- ¼ teaspoon saffron
- Small piece of dry ginger (optional)

Method

1. Put all nuts in a blender. If including spices, add them to the blender also.
2. Pulse for 10 seconds.
3. Sieve the powder and set the sieved fine powder aside. Continue to blend the remaining larger nuts and sieve until you all the nut mix is a fine powder.
4. Store in an airtight container.



Notes

- Be careful not to process for too long, as they can become oily (peanut butter texture).
- Feel free to get creative and incorporate any combination of nuts.
- If you'd like to try roasting your own nuts, you can roast them on a tray for around 20 minutes at 180°C or until they look brown and toasted.



Contains



PEANUT



TREE NUTS



SESAME

Around 6 months
(not before 4 months)

First foods and
soft lumps



Serves 4



Time

Prep: 8 minutes

Cook: 40 minutes

Steamed pumpkin and nut mix

Ingredients

- 1 teaspoon crushed garlic
- 1 ½ teaspoons mustard seeds
- 2 tablespoon olive oil
- Juice of ½ lemon
- 1 kg pumpkin, peeled and coarsely chopped
- 2 teaspoons ground cumin
- Homemade nut mix (see recipe on page 9)

Method

1. Preheat oven to 190°C, fan forced and line a baking tray.
2. Mix garlic and mustard seeds and 1 tbsp of oil in a large bowl. Add the chopped pumpkin and mix to until the pumpkin is coated.
3. Place the pumpkin on a baking tray. Drizzle with remaining oil and sprinkle with cumin.
4. Roast pumpkin for 40 minutes or until tender, turning at 20 minutes for even cooking.
5. Place pumpkin in a bowl and add lemon juice. Use a blender or food processor to puree until smooth.
6. Once blended, add the nut mix and mix through to ensure a smooth consistency.



Notes

- For extra flavour you may consider including red onion, turmeric and curry leaves.
- For the parent meal, you can serve this puree with roast chicken and green beans.

Contains



SOY



COW'S MILK
(OPTIONAL, IF NEEDED)

Around 6 months
(not before 4 months)
First foods and
soft lumps



Serves 1-2



Time

Prep: 5 minutes

Fruit and tofu puree

Ingredients

- ¼ cup firm tofu, drained and cut into cubes.
- 2 soft ripe apricots, stone removed (or 4 canned apricot halves).
- ½ small mango, peeled.
- ½ soft ripe pear, peeled and cored.

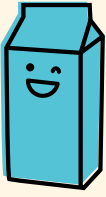
Method

1. Chop all fruit into cubes or small pieces.
2. Add all ingredients to a food processor or blender and blend until smooth.
3. If needed, add a few tablespoons of liquid (e.g. water, milk or infant formula).

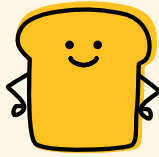
Notes

- For alternative fruit options, you may like to try drained, tinned fruit or frozen berries

Contains



COW'S MILK



WHEAT

Around 6 months
(not before 4 months)

First foods and
soft lumps



Serves 2



Time

Prep: 5 minutes

Cook: 22 minutes

Sweet semolina

Ingredients

- 2 cups milk
- 1 cup water
- 1 ½ teaspoons butter
- ⅓ cup semolina flour
- 1 teaspoon white sugar

Method

1. Combine milk, water, butter, and sugar in a saucepan over medium-high heat. Bring to a boil, stirring gently. Remove from heat.
2. Pour in semolina flour in a steady stream, whisking constantly to prevent lumps
3. Place saucepan back over medium heat; whisk until semolina comes to a boil, about 2 minutes. Reduce heat to low and cover; cook until semolina thickens, about 20 minutes.
4. Remove saucepan from heat and let the semolina stand for 5 minutes before serving.

Notes

- You can serve this with poached and pureed pear or apple or mashed banana.

Contains



COW'S MILK



EGG

Around 6 months
(not before 4 months)

First foods and
soft lumps



Serves 4



Time

Prep: 15 minutes

Cook: 40 minutes

Baked custard with nutmeg and fruit

Ingredients

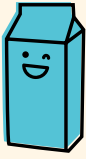
- 3 eggs
- ½ cup (115g) caster sugar
- 1 teaspoon vanilla extract
- 1 cup (250ml) milk
- 300ml cream
- Nutmeg ground (powdered)
- Tinned fruit in natural juice (drained)

Method

1. Preheat oven to 180°C.
2. Whisk the eggs and sugar in a bowl until the sugar dissolves.
3. Whisk in the vanilla extract, milk and cream.
4. Pour the mixture into a small ovenproof dish. Sprinkle the top with nutmeg.
5. Place the dish in a larger pan (such as a roasting pan) and pour enough boiling water into the pan to come halfway up the side of the dish.
6. Bake for 40 minutes or until the custard is still slightly wobbly but set. Remove the dish from the roasting pan.
7. Put fruit in a blender to puree. Serve the baked custard warm or at room temperature with the pureed fruit.



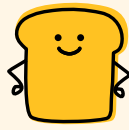
Contains



COW'S MILK



EGG



WHEAT

Around 7 to 9 months
More lumpy and
soft foods (starting
to self feed)



Serves 4



Time

Prep: 10 minutes

Cook: 15 minutes

Pastina vegetable carbonara

Ingredients

- 1 tablespoon oil
- 1 teaspoon crushed garlic
- 2 medium zucchini, finely chopped
- 2 florets of cauliflower, finely chopped
- ½ cup water
- ½ cup dry pastini or risoni 'baby' pasta
- 200g thickened cream
- 1 egg, lightly beaten
- ⅔ cup grated cheese

Method

1. Heat oil in a pan and then fry garlic for 30 seconds.
2. Add finely chopped vegetables and cook together for 2 minutes or until soft.
2. Add cream to the vegetable mix and cook for about 5 minutes. You can thin this mixture with a little milk or water if it becomes too thick.
3. Meanwhile, cook pasta as per packet instructions, drain and add to the cream and vegetable sauce. Stir well.
4. Add the lightly beaten egg and cheese to the hot mixture and stir well to cook the egg.



Notes

- You might like to try other vegetables such as finely chopped spinach and carrot or peas.
- Shredded cooked chicken can also be added.

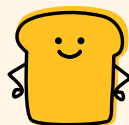
Contains



COW'S MILK



FISH



WHEAT

Tuna, tomato and spinach on couscous

Around 7 to 9 months
More lumpy and soft foods (starting to self feed)



Serves 4



Time

Prep: 8 minutes

Cook: 16 minutes



Suitable for freezing

Ingredients

- 1 leek, sliced or 1/2 a small onion
- 2 medium potatoes, peeled and cubed
- 1 tablespoon butter or margarine
- 1 x 160g tinned tuna in oil, drained
- 50g baby spinach, roughly chopped
- 1 tomato, roughly chopped
- 50g cheddar cheese, grated

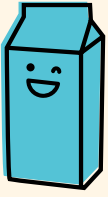
Couscous

- 1 cup couscous
- 1 tablespoon butter or olive oil (optional)
- 1 cup water

Method

1. Place leek (or onion) and potato into a saucepan. Cover with water.
2. Bring up to the boil and simmer for 15 minutes until tender. Drain and mash.
3. Melt the butter in a saucepan. Add the spinach and stir until wilted. Add the potato, leek and the remaining ingredients.
4. Stir together until the cheese has melted.
5. Prepare couscous according to packet instructions.

Contains



COW'S MILK



EGG

Shakshuka

Around 7 to 9 months
More lumpy and
soft foods (starting
to self feed)



Serves 6



Time

Prep: 10 minutes
Cook: 20 minutes



Suitable for
freezing

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 red capsicum, seeded and diced
- 2 garlic cloves, finely chopped
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 can whole peeled tomatoes
- 6 large eggs
- 1 small bunch fresh coriander, chopped
- 50g cheddar cheese, grated

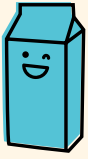
Method

1. Heat olive oil in a pan on medium heat. Add the capsicum and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook for 1 minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Bring the sauce to a simmer.
4. Use a large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are well cooked.
5. Garnish with chopped coriander

Notes

- For the adults only, chilli powder or chilli flakes would be nice in this dish.

Contains



COW'S MILK



TREE NUTS

Around 7 to 9 months
More lumpy and
soft foods (starting
to self feed)



Serves 4



Time

Prep: 10 minutes

Cook: 25 minutes



Suitable for
freezing

Cashew butter chicken from scratch

Ingredients

- ½ cup Greek-style yoghurt
- 1 teaspoon crushed garlic
- 1 teaspoon crushed ginger
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon garam masala
- 600 g chicken thigh fillets, cut into 3cm pieces
- ½ cup raw cashews
- 1 tablespoon vegetable oil
- 20g margarine or butter
- 1 brown onion, thickly sliced
- 410g can tomato puree
- ½ cup chicken style liquid stock
- ½ cup thickened cream
- Rice, to serve
- Coriander, to serve

Method

1. Place yoghurt, garlic, ginger, cumin, coriander, and garam masala in a dish. Add chicken and stir to coat. Cover and refrigerate for 2 hours.
2. Steam the rice.
3. Place the cashews and 1 ½ cups of water into your blender or food processor and blend on high until completely smooth. Pour into a bowl and set it aside.
4. Heat oil and butter in a heavy-based saucepan over medium-high heat. Add onion. Cook, stirring occasionally, for 3 to 4 minutes or until softened.
5. Add chicken mixture to pan. Cook, stirring, for 5 minutes or until chicken just starts to change colour.
6. Add tomato puree and stock. Cover. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 10 minutes or until chicken is tender and mixture has thickened slightly.
7. Stir in cream. Simmer for a further 5 minutes or until heated through.
8. Serve with steamed rice and coriander leaves.

Notes

- If you do not have a high-powered blender, soak the cashews in water for a few hours. Rinse and discard the soaking water before you blend.

Contains



SOY

Around 7 to 9 months
More lumpy and
soft foods (starting
to self feed)



Serves 6



Time

Prep: 10 minutes

Cook: 30 minutes

Tofu and potato mash



Suitable for
freezing

Ingredients

- 300g soft tofu
- 250ml (1 cup) water
- 6 medium potatoes, peeled and diced
- 4 sticks of celery, finely sliced
- 1 garlic clove, (crushed) or ½ tsp of minced garlic

Method

1. In a small saucepan bring water to the boil and then add garlic and chopped celery.
2. Reduce heat and simmer for 10 minutes until celery is soft. Don't drain.
3. Meanwhile, place diced potatoes in a soup pot and cover with water. Boil potatoes for 20 minutes or until soft.
4. In a blender, mix the celery and soft tofu until smooth.
5. Drain and mash the potatoes. Mix in the tofu and celery mixture.



Notes

- For an interesting twist, you can pour or shape these mashed potatoes into moulds and fry them lightly in olive oil. Suitable for older children (10-12 months or older).

Contains



PEANUT

Around 7 to 9 months
More lumpy and
soft foods (starting
to self feed)



Serves 4



Time

Prep: 5 minutes

Cook: 60 minutes

Peanut hummus

Ingredients

- 250g skinless roasted unsalted peanuts
- 1 small onion, coarsely chopped
- 1 fresh bay leaf
- 1½ tablespoons white vinegar
- 2 teaspoons garlic infused olive oil

Method

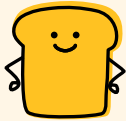
1. Combine peanuts, onion, bay leaf and 2 ½ cups of water in a small saucepan.
2. Bring to a simmer and cover with a lid.
3. Reduce to a low heat and simmer until peanuts are tender – this will take about an hour.
4. Remove the bay leaf and process peanut mixture in a food processor or blender until smooth with vinegar and olive oil. You can add more water or oil if it appears too thick.
5. Serve with pureed pumpkin or mashed potato.



Contains



COW'S MILK



WHEAT



TREE NUTS



AND/OR



PEANUT



Serves 4



Time

Prep: 10 minutes

Cook: 40 minutes

Rhubarb and apple crumble with cashew cream

Ingredients

- 3 apples, peeled and cut into thick slices
- 260g rhubarb, cut into 2 cm chunks
- 2 teaspoons sugar (brown or white)
- 1 teaspoon ground cinnamon

Topping ingredients

- 100g plain flour
- 50g margarine or butter
- 2 tablespoons sugar (brown or white)
- 1 tablespoon rolled oats
- 2 tablespoons almond meal or 2 tablespoons finely crushed peanuts
- pinch of ground ginger
- pinch of salt

Cashew cream, to serve (optional)

- 1 cup (150g) raw cashews
- 1 tablespoon lemon juice (optional)
- ½ cup (120ml) water

Method

1. Preheat the oven to 200°C.
2. Put the sliced apples in a saucepan with the sugar.
3. Heat gently for 4-5 minutes until the sugar caramelises slightly.
4. Add the rhubarb, reduce the heat and cook gently for 4-5 minutes until the rhubarb and apple are both softened.
5. Place the topping ingredients in a food processor bowl and mix to fine crumbs.
6. Put the fruit in a big dish and sprinkle on the topping. Bake for 25-30 minutes until the top is golden.
7. Place the cashews and ½ a cup of water into a blender or food processor and blend on high until completely smooth. Pour into a bowl and set it aside.

Serve with cashew cream or dairy cream.



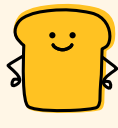
Contains



COW'S MILK



EGG



WHEAT



PEANUT



TREE NUTS



SESAME



Serves 12-24



Time

Prep: 10 minutes

Cook: 12 minutes



Suitable for freezing

Banana bran muffin and nut mix

Ingredients

- 50g bran flakes
- 75ml milk
- 1 medium banana, peeled and mashed
- 1 egg
- 50ml oil (sunflower or canola)
- 50g sultanas
- 60g soft light brown sugar
- 60g wholemeal plain flour
- ½ teaspoon bicarbonate of soda
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- 2 tablespoons homemade nut mix (see recipe on page 9) or 2 tablespoons ground peanuts

Method

1. Preheat the oven to 180°C and line muffin tins with cases.
2. Mix together the bran flakes, milk and banana.
3. Transfer to a food processor and add the egg, oil, sultanas and sugar. Mix for a minute to combine.
4. Add the flour, bicarbonate of soda, baking powder, cinnamon and nut mix (or ground peanut) and pulse to combine.
5. Spoon the mixture evenly into the muffin cases
6. Bake for 10-15 minutes or until risen and firm to the touch. Leave to cool on a wire rack.

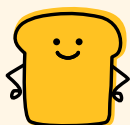
Notes

- Suitable for freezing in an airtight container or bag. Typically, muffins take around 30 minutes to defrost at room temperature.
- For an interesting flavour, you can add ground ginger in addition to the cinnamon.
- You can try lots of different 'sweet' muffins with combinations of berry, yoghurt, apple, ground nuts, pear and more.

Contains



COW'S MILK



WHEAT



EGG



PEANUT
(OPTIONAL)



TREE NUTS
(OPTIONAL)



SESAME
(OPTIONAL)



Serves 10-18



Time

Prep: 5 minutes

Cook: 18 minutes

Tomato and basil savoury muffins



Suitable for
freezing

Ingredients

- 50g bran flakes
- ½ cup self-raising flour
- ½ teaspoon baking powder
- 2 spring onions, finely sliced
- 50g parmesan cheese, grated
- 1 handful basil (about 20 leaves) chopped
- 12 cherry tomatoes, chopped
- 40ml olive oil
- 1 large egg
- 100ml milk

Method

1. Preheat the oven to 180°C fan forced and line muffin tins with muffin cases (patty pans).
2. Add the flour, baking powder, spring onions, parmesan cheese, basil and tomatoes into a mixing bowl.
3. Mix the egg, oil and milk together in a small bowl.
4. Add the wet ingredients to the dry ingredients. Mix well then spoon evenly into the cases.
5. Bake for 18 minutes or until well risen and lightly golden. Leave to cool on a wire rack.



Notes

- Suitable for freezing in an airtight container or bag. Usually, muffins take around 30 minutes to defrost at room temperature.
- You could add 1-2 tablespoons ground nut and seed mix to this mixture (see recipe on page 9).

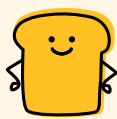
Contains



EGG



COW'S MILK



WHEAT



FISH



PEANUT
(OPTIONAL)



TREE NUTS
(OPTIONAL)



SESAME
(OPTIONAL)



Makes 8 croquettes



Time

Prep: 30 minutes
(chill)

Cook: 15 minutes



Suitable for
freezing

Fish, broccoli and potato croquettes

Ingredients

- 2 tablespoons olive oil for cooking
- 75g broccoli florets
- 1 medium potato, cooked and mashed (ideally, cold)
- 25g parmesan cheese, grated
- 2 spring onions, sliced
- 60g cooked boneless white fish, diced
- 40g dried breadcrumbs
- 1 egg, beaten

Method

1. Steam broccoli for 5 minutes or until tender. Leave to cool and then finely chop.
2. In a bowl, combine the potato, broccoli, cheese, fish, spring onion, half of the breadcrumbs and half of the egg and mix well.
3. Shape into 8 sausage shapes. Coat in the remaining egg, then roll in the breadcrumbs and chill for 30 minutes.
4. Heat a little oil in a frying pan and sauté until golden and heated through.



Notes

- Suitable for freezing.
- You can substitute the fish with chicken for a different taste.
- The nut and seed mix (see page 9) could be added to the breadcrumb mixture.

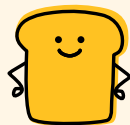
Contains



COW'S MILK



EGG



WHEAT



FISH

Impossible fish pie

Around 10 to 12 months

Soft chopped and mashed finger foods



Serves 4



Time

Prep: 10 minutes

Cook: 50 minutes



Suitable for freezing

Ingredients

- 2 cups baby spinach
- 1 tablespoon oil
- ½ a small onion, peeled and finely chopped
- 1 tomato, seeds and skin removed, chopped
- 1 tablespoon flour
- 200g tin of salmon or tuna
- 1 teaspoon chopped parsley
- 1 cup grated tasty cheese
- 2 cups milk
- 4 eggs, beaten lightly

Method

1. Preheat oven to 180°C. Lightly grease a pie dish.
2. Blanch spinach by placing in a bowl and covering with boiling water. Soak for 1 minute, drain, and refresh under cold water to stop cooking process. Drain again.
3. Heat oil in a saucepan, add the onion and tomato and sauté until softened. Add the flour and stir over the heat for 30 seconds. Add the fish, parsley and spinach.
4. Transfer mixture to the base of the pie dish.
5. In a jug, blend together milk and eggs and pour this wet mixture over the other mix in the pie dish.
6. Bake for 45 minutes or until golden and set. Serve warm or cold with salad.

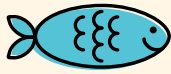
Notes

- Suitable for freezing.
- For a fun presentation, you might like to decorate the top with sliced cherry tomatoes, chives etc.

Contains



EGG



FISH
(OPTIONAL)



SHELLFISH
(OPTIONAL)



SOY



SESAME



Serves 4



Time

Prep: 10 minutes

Cook: 10 minutes

Fried rice

Ingredients

- 2 tablespoons oil
- 2 eggs, whisked
- 200g firm tofu, diced
- 2 carrots, peeled and diced
- 1 small white onion, diced
- ½ cup frozen peas
- 2 teaspoons minced garlic
- 4 cups long grain rice, cooked according to packet instructions
- 3 spring onions, thinly sliced
- 3–4 tablespoons reduced salt soy sauce
- 2 teaspoons oyster sauce



Method

1. Heat 1 tablespoon of oil in a pan over medium to high heat. Add egg, and cook until scrambled. Remove egg, and transfer to a separate bowl.
2. Add 1 tablespoon of oil to the pan. Add garlic, tofu, carrots, onion and peas. Sauté for 5 minutes or until the onion and carrots are soft.
3. Increase heat to high, and add the rice, spring onions, soy sauce and oyster sauce (if using), and stir until combined. Continue stirring for an additional 3 minutes to fry the rice.
4. Add the eggs and stir gently to combine.
5. Remove from heat and stir in the sesame oil until combined.
6. Serve immediately or refrigerate in a sealed container for up to 3 days.

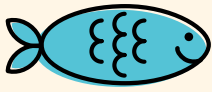
Notes

- It is recommended that cooked and cooled rice is used in step 3. You may want to use leftover rice from lunch or the day before.
- You can include any vegetables or other meat options like mince, diced pork or shrimp or for a Chinese or Thai twist, chop and stir in pineapple.
- For extra flavour, you may like to use pre-marinated tofu (bought or self-prepared)

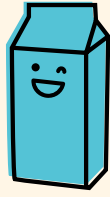
Around 10 to 12 months

Soft chopped and mashed finger foods

Contains



FISH



COW'S MILK

Around 10 to 12 months

Soft chopped and mashed finger foods



Serves 4



Time

Prep: 5 minutes

Cook: 25 minutes

Lemon fish risotto

Ingredients

- 2 tablespoons butter or margarine
- 400g skinless, boneless white fish fillets, cut into 3 cm cubes
- 1.25 L stock (fish or vegetable stock)
- 1 onion, finely chopped
- 1 teaspoon crushed garlic
- 1 teaspoon ground turmeric
- 1½ cup (330g) arborio rice
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon fresh chives, finely chopped
- 1 tablespoon fresh dill, finely chopped

Method

1. Melt 1 tablespoon of butter or oil in a pan. Add the fish in batches and fry over medium-high heat for 3 minutes, or until the fish is just cooked through. Remove from the pan and set aside.
2. Pour the stock into another pan, bring to the boil, cover and keep at simmering point.
3. To the first pan, add the remaining butter, onion and garlic and cook over medium heat for 3 minutes, or until the onion is tender. Add the turmeric and stir for 1 minute.
4. Add the rice and stir to coat, then add ½ cup (125 ml) of the stock and cook, stirring constantly, over low heat until all the stock has been absorbed.
5. Continue adding ½ cup (125 ml) of stock at a time until all the stock has been added and the rice is translucent, tender and creamy.
6. Stir in the lemon juice, parsley, chives and dill. Add the fish and stir gently.

Notes

- If using dried herbs, add these in the last few minutes of cooking.

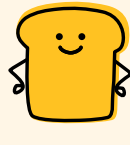
Contains



COW'S MILK



EGG



WHEAT



SOY

Around 10 to 12 months

Soft chopped and mashed finger foods



Makes 8



Time

Prep: 15 minutes

Cook: 15 minutes

Zucchini and corn fritters

Ingredients

- 100g tinned creamed corn
- 75g cold mashed potato
- 1 small zucchini, grated
- 4 spring onions, diced
- ½ clove garlic, crushed
- 25g parmesan cheese, grated
- 50g silken tofu
- 1 tablespoon sweet chilli sauce
- 40g self-raising flour
- 2 medium eggs
- 2 tablespoons olive oil

Method

1. Beat the eggs in a mixing bowl. Add the creamed corn, potato, zucchini, spring onions, garlic, parmesan, tofu, sweet chilli sauce and flour. Mix well.
2. Heat the oil in a frying pan. Take spoonfuls of the mixture and fry them for 2 to 3 minutes on each side until lightly golden. Set aside and keep warm until serving.



Notes

- You can also use carrot with the zucchini or include feta cheese instead of parmesan cheese.

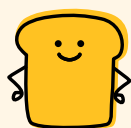
Contains



COW'S MILK



FISH



WHEAT

Salmon, pumpkin and dill croquettes

Around 10 to
12 months

Soft chopped and
mashed finger foods



Makes 12 pieces



Time

Prep: 5 minutes

Cook: 15 minutes

Ingredients

- 2 tablespoons olive oil
- 4 spring onions, chopped
- 120g pumpkin, peeled and finely chopped
- 40g corn kernels
- 100g raw salmon fillet, chopped or one small can of boneless salmon
- 1 teaspoon dill, chopped (if fresh), or dried
- 1 tablespoon Parmesan or cheddar cheese, grated
- Breadcrumbs, to coat
- ½ cup water

Method

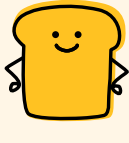
1. Heat 1 tablespoon of oil in a saucepan.
2. Fry the spring onions and pumpkin for 2 minutes and then add corn and ½ cup water.
3. Cover with a lid and bring up to the boil. Simmer for 8 minutes.
4. Add salmon and continue to simmer for 5 minutes (skip this step if using tinned salmon)
5. Remove from the heat and add dill and cheese.
6. Blend mixture using a food processor or blender.
7. Take spoonfuls of blended mixture and make 'finger' shaped croquettes.
8. Heat 1 tablespoon of oil in a frying pan and fry croquettes for 5 minutes or until golden brown.

1 Year and onwards
Toddler and family
foods

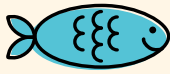
Contains



EGG



WHEAT



FISH



PEANUT



SOY



SHELLFISH
(OPTIONAL)



Makes 8-10
tuna balls



Time

Prep: 15 minutes

Cook: 10 minutes

Thai tuna balls with peanut sauce and couscous

Ingredients

- 400g can tuna, drained
- 2 cups breadcrumbs
- 2 eggs
- Canola oil for light frying
- Sweet chilli sauce, to serve (optional)
- 1 cup couscous

Peanut sauce

- ½ teaspoon of minced ginger
- 1 garlic clove or ½ teaspoon of minced garlic
- ½ cup smooth peanut butter
- 2 tablespoons reduced-salt soy sauce
- 1 tablespoon fresh lime juice

Method

1. In a blender, mix together the tuna, breadcrumbs and egg.
2. Shape the mixture into small ball shapes.
3. Heat oil and fry a few of the balls at a time.
4. Cook couscous following the packet instructions.
5. Serve with couscous and peanut sauce.

Peanut sauce:

1. In a cleaned blender, mix ginger and garlic clove until finely chopped.
2. Add peanut butter, soy sauce, lime juice and 1/3 cup water and blend, adding more water by the tablespoonful if needed to thin, until smooth.



Notes

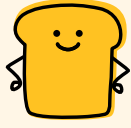
- You can swap the tuna for tinned salmon or green prawn meat (shellfish) and include shredded kaffir lime leaves.

1 Year and onwards
Toddler and family
foods

Contains



EGG



WHEAT



TREE NUTS



COW'S MILK



Serves 4



Time

Prep: 5 minutes

Cook: 10 minutes

Pesto pasta

Ingredients

- 500g fresh egg pasta
- 1 bunch of basil
- 150g pine nuts (could also use walnuts or almonds)
- 2 teaspoons of crushed garlic
- 100g freshly grated parmesan cheese
- 200ml olive oil
- Parmesan cheese, to taste

Method

1. Wipe the basil leaves with a damp cloth.
2. Place the clean, dry leaves in a blender or food processor with the garlic. Turn on the machine and gradually add the nuts, then cheese and olive oil.
3. Cook pasta following packet directions, drain but save some pasta water.
4. Add 2 or 3 tablespoons of pasta water to the pesto sauce and stir thoroughly into the drained pasta.
5. Toss to coat pasta in the pesto sauce.
6. Serve topped with parmesan cheese.

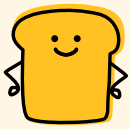


Notes

- You can use this pesto as a topping on a frittata or serve with cooked vegetables.

1 Year and onwards
Toddler and family
foods

Contains



WHEAT



SESAME



EGG
(OPTIONAL)



COW'S MILK
(OPTIONAL)



Serves 4-6



Time

Prep: 25 minutes

Cook: 10 minutes

Falafel

Ingredients

- 1 can chickpeas (rinsed, drained and patted dry)
- 1/3 cup chopped fresh parsley and/or coriander
- 2 teaspoons minced garlic
- 2 medium shallots or 1 small onion, minced
- 2 tablespoons sesame seeds, toasted if desired
- 1 1/2 teaspoons cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon ground coriander
- 3 tablespoons flour
- 3 tablespoons oil for cooking
- Breadcrumbs, to coat
- Tahini paste, to serve
- Lemon, to serve

Method

1. Combine chickpeas, parsley, shallots, garlic, sesame seeds, cumin, salt, pepper and blend using pulse function in the food processor or blender to combine until the mix forms a crumbly dough, not a paste.
2. Add 1 tablespoon flour at a time and pulse/mix to combine until the mixture can roll into a ball without sticking to your hands. You can use more or less flour, depending on the consistency of the mixture.
3. Transfer to a mixing bowl, cover and refrigerate for 1-2 hours.
4. Once chilled, scoop out a tablespoon amount of mixture and form small discs.
5. Sprinkle on breadcrumbs and gently press to both sides so that they stick (you will need to flip them).
6. Heat a pan over medium heat and swirl to coat the pan with about 2 tablespoons of oil.
7. Once the oil is hot, cook the falafels for about 4-5 minutes, on both sides to be deep golden brown.
8. Serve warm with tahini and if desired, with grazing platter ingredients (see notes)

Notes

- For even crispier falafel, bake in a 200°C oven for 5-10 minutes after pan frying.
- To make a grazing platter, you can include pita pockets with ingredients like hummus, sliced cucumbers, tomatoes, grilled eggplant, haloumi, fresh or pickled cabbage and even boiled eggs. Take your pick!

1 Year and onwards
Toddler and family
foods

Contains



SOY



TREE NUTS



SESAME



SHELLFISH



PEANUT



FISH



Serves 4



Time

Prep: 10 minutes

Cook: 10 minutes

Tofu stir fry

Ingredients

- 1 kg packet frozen mixed stir fry vegetable (peas, corn, broccoli, carrot)
- 1 tablespoon peanut oil
- 400g firm tofu (pre-marinated or plain)
- $\frac{1}{3}$ cup oyster sauce
- $\frac{1}{3}$ cup sweet chilli sauce
- $\frac{1}{3}$ cup reduced salt soy sauce
- $\frac{1}{4}$ cup raw unsalted cashews, roasted
- $\frac{1}{4}$ cup sesame seeds, toasted, to serve

Method

1. Chop tofu into thick strips, or as desired.
2. Defrost frozen vegetables in a bowl in the microwave for 5 minutes

OR if using fresh vegetables, chop vegetables thinly into sticks and put in microwave for 2 minutes
3. Heat peanut oil in a large frying pan or wok, on a high heat. Add the tofu and cook for 3 minutes.
4. Add vegetables and sauces (oyster and sweet chilli) and cook for 3 minutes.
5. Add roasted cashews and toss to combine.
6. Serve on boiled rice and topped with toasted sesame seeds.

Notes

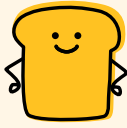
- You can add a few tablespoons of smooth peanut butter at the step 4.

1 Year and onwards
Toddler and family
foods

Contains



COW'S MILK



WHEAT



Serves 12



Time

Prep: 35 minutes

Cook: 20 minutes

Spinach and cheese scrolls

Ingredients

- 2 cups self-raising flour
- 90 g butter
- $\frac{2}{3}$ cup milk

Filling

- 50 g butter, softened
- 100g feta cheese, crumbled
- 100g tasty cheese, grated
- 2 cups baby spinach leaves



Method

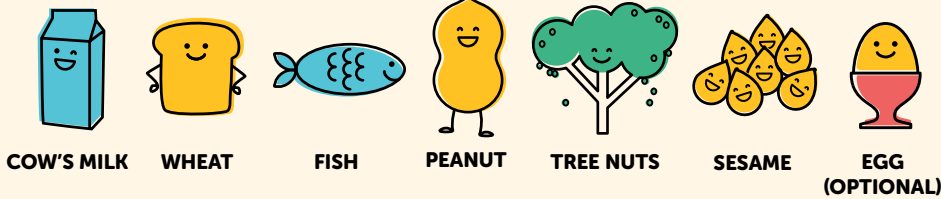
1. Preheat the oven to 210°C and line an oven tray with baking paper.
2. Sift the flour into a large bowl and rub in the butter until the mixture is the consistency of breadcrumbs.
3. Slowly add the milk and use a butter knife to combine. Turn out the dough and lightly knead until it forms a smooth ball.
4. Use a rolling pin to roll dough out until you have a 30 x 40cm rectangle.
5. Spread the softened butter over the dough, leaving a 2cm gap around the edges.
6. Sprinkle the baby spinach leaves, feta cheese and just over half of the cheese over the top of the butter.
7. Starting at the long side carefully roll the dough until enclosed.
8. Place the scroll log into the fridge for 20 mins to chill.
9. Cut into 12 slices – approximately 2cm thick and sprinkle the remaining grated cheese over the top of the scrolls.
10. Place on a baking tray, making sure you leave enough room to rise and bake in oven for 20 minutes or until golden brown on top and cooked through.
11. Let the scrolls cool on the tray for 5 minutes and then enjoy.

Notes

- You can also use pre-bought puff pastry to replace the homemade dough from steps 1 to 4. Make sure you check the ingredients list of the puff pastry if your child has food allergies.

1 Year and onwards
Toddler and family
foods

Contains



Serves 4



Time

Prep: 10 minutes

Cook: 30 minutes

Crumbed tuna mornay

Ingredients

- 200g dried spirals or macaroni (try wholemeal)
- 30g butter or margarine
- 1 small can of corn
- 1 carrot, grated or finely diced
- 1 brown onion, finely diced
- ½ cup frozen peas
- 3 tablespoons plain flour
- 2 cup milk
- 1 tablespoon Dijon mustard (optional)
- 1 cup grated cheese, plus ½ cup for the top
- 190g tuna in water, drained (could substitute with cooked white fish or salmon)
- ½ cup wholemeal breadcrumbs (fresh or packet)
- ½ cup homemade nut mix (see recipe page 9)

Method

1. Preheat the oven to 180°C.
2. Cook the pasta according to packet directions and drain.
3. In a large saucepan over medium, melt the butter and cook onion for 1 minute.
4. Add the corn, carrot and peas. Sauté gently for a few minutes.
5. Sprinkle over the flour and stir to coat the vegetables.
6. Pour in about 1 cup of milk and stir with a whisk until the sauce thickens. Continue to add the milk, around ½ a cup at a time until sauce thickens.
7. Add the mustard and 1 cup of cheese and stir well. Once the cheese has melted, add the tuna, stir to combine.
8. Combine the breadcrumbs, nut mix and remaining cheese in a bowl. Set aside.
9. Stir the cooked pasta into the sauce and place into a baking dish. Top with the breadcrumb mixture bake for 25 minutes or until golden.
10. Serve, or freeze in small portions for up to 1 month.

Notes

- You can also add sliced boiled egg in this dish, placed on top at step 9.

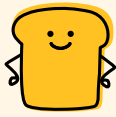
Contains



COW'S MILK



EGG



WHEAT



PEANUT
(OPTIONAL)



TREE NUTS
(OPTIONAL)



SESAME
(OPTIONAL)



Serves 4



Time

Prep: 5 minutes

Cook: 5 minutes

Quick pikelets

Ingredients

- 1 cup self-raising flour
- $\frac{3}{4}$ cup milk
- 1 teaspoon maple syrup
- 1 egg
- 1 tablespoon cinnamon
- Butter or canola oil to grease
- Soft fruit (e.g. banana, tinned pears or peaches), to serve

Method

1. Place flour, milk, maple syrup, egg and cinnamon in a bowl and whisk to combine.
2. Heat 1 teaspoon of olive oil in a non-stick frying pan over medium-low heat.
3. Drop tablespoon sized amounts of batter into the pan. Watch for bubbles to appear on the surface of each pikelet and then flip and cook until golden brown.
4. Serve the pikelets with soft fruit like banana or tinned fruit.



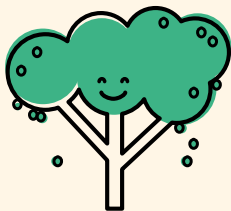
Notes

- You may also like to top with plain yoghurt and your homemade nut and seed mix (see recipe on page 9).

Contains



EGG



TREE NUTS



Makes 20 biscuits



Time

Prep: 3 minutes

Cook: 15 minutes

Macarons

Ingredients

- 1 cup (125 g) almond meal (ground almonds)
- ½ cup (110 g) caster sugar
- 1 egg-white
- Icing sugar mixture, sifted, for dusting

Method

1. Preheat oven to 160°C. Line two baking trays with baking paper.
2. Combine almond meal and sugar in a medium bowl. Stir in egg white and mix well.
3. Roll level teaspoons of mixture into balls and place on trays. Flatten slightly. Dust lightly with icing sugar
4. Bake for 10 minutes or until browned lightly. Stand for 5 minutes before transferring to wire rack to cool.

Contains



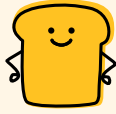
PEANUT



SESAME



EGG



WHEAT



TREE NUTS
(OPTIONAL)

1 Year and onwards
Toddler and family
foods



Makes 8



Time

Prep: 10 minutes
(with 2 hours/
overnight resting)

Cook: 10 minutes

Malaysian pancakes filled with roasted peanuts and sesame seeds

Ingredients

- 250g plain flour
- 3 teaspoons baking powder
- 2 teaspoons caster sugar
- 1 egg, beaten
- 1 tablespoon canola oil

Peanut and sesame filling

- 50g roasted peanuts, crushed
- ¼ cup sesame seeds, toasted until brown
- 2 tablespoons caster sugar

Method

1. Sift flour and baking powder into a bowl add the sugar.
2. Make a well in the centre of the flour and add egg, oil and 2 cups of water.
3. Mix to a smooth batter.
4. Cover and leave to rest for around 2 hours or overnight.
5. To make the filling: Combine peanuts, sesame seeds and sugar in food processor or blender and pulse until you the mix looks like a powder.

To cook the pancakes

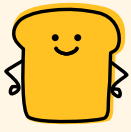
6. Heat a small non-stick frying pan over low heat.
7. Stir batter well.
8. Spoon ½ cup of batter into pan, spread evenly, cover and cook for 2 minutes or until bubbles appear.
9. Sprinkle peanut mixture over the surface and fold pancake in half.
10. Cover pan and cook for 1 minute or until pancake is crisp on the outside and soft in the centre.
11. Repeat with remaining batter and peanut mixture.
12. Serve hot, dusted with icing sugar, and sprinkled with remaining peanut and sesame mixture.

Notes

- This recipe could be made with your ready-made nut and seed mix (see recipe on page 9 which contains peanut, tree nuts and sesame).

1 Year and onwards
Toddler and family
foods

Contains



WHEAT



EGG



SESAME



PEANUT



SOY



COW'S MILK



Serves 4



Time

Prep: 10 minutes

Cook: 25 minutes

Chicken meatballs with peanut cooked in sauce

Ingredients

- 500g minced chicken
- 1 egg
- ½ cup breadcrumbs
- 1 spring onion, finely chopped
- ½ bunch coriander, finely chopped
- 2 teaspoons crushed garlic
- 2 teaspoons crushed ginger
- ¼ teaspoon salt
- Freshly ground black pepper
- 1 tablespoon sesame oil (or olive oil)
- 1–2 cups of rice

For the peanut sauce

- 1 small can light coconut milk (check if this product contains cow's milk)
- ½ cup smooth peanut butter
- 2 tablespoons reduced salt soy sauce
- 1 tablespoon chili paste or sweet chilli sauce (optional, can just add to parents' meal)

Method

To make the meatballs

1. Combine the ground chicken, egg, breadcrumbs, spring onion, coriander, garlic, ginger, salt and pepper in a large bowl.
2. Mix well and roll into small meatballs.
3. Place a frying pan on medium-high heat and add the sesame oil.
4. Add the meatballs a few at a time.
5. When meatballs are brown, place them on a plate and set aside.

To make the simmer sauce

1. Reduce the heat to medium-low, add in the coconut milk, peanut butter, soy sauce and chilli sauce (if you are using) to the pan. Stir until well combined.
2. Add the meatballs and bring to a simmer.
3. Cover the pan, reduce heat to low and cook gently for 15 minutes.

Serve with cooked rice.

Notes

- To make this a complete meal, add some chopped vegetables (e.g. carrot, broccoli, diced potato) when you add the meatballs to the simmer sauce.
- Five minutes before serving, add some frozen peas or diced red capsicum.



A food allergy prevention project supported by



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