# Oven baked egg custard with carrot and courgette

NZB-0603 · Savoury breakfasts · Warm · 10 children

## INGREDIENTS

eggs · 10 each

pasteurised milk · 230 mL

canola oil · 10 mL

carrot · 190 g

courgette · 190 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative family serving; produce varies by recipe.

## PREPARATION

1. Peel and finely dice carrot, then steam until spoon-soft and mash.
2. Finely dice courgette, then cook until spoon-soft and drain well.
3. Oil a shallow oven dish. Whisk eggs and milk, stir in cooled vegetables and bake at 165°C until fully set. Divide into soft pieces.
4. Divide the finished batch into 10 starting portions. Adjust texture and portion for the individual child.

## SERVING TEXTURE

Serve soft, manageable pieces or a moist mash. Seat and supervise children while eating. Use each child's feeding plan where applicable.

## ALLERGEN CHECK

Egg, milk. Verify product labels, substitutions, individual plans and cross-contact controls.

## SHARED INGREDIENTS

eggs, pasteurised milk, canola oil, carrot, courgette

Approx. preparation 15–20 min + an extra 10-minute serving allowance. Cooking time varies. Estimates are not kitchen-tested.



Provisional batch for 10 children aged 3–5. Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.