Baked vegetable oat squares with broccoli and tomato

NZB-0714 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

rolled oats · 270 g

eggs · 4 each

pasteurised milk · 350 mL

canola oil · 10 mL

broccoli · 190 g

tomato · 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. Remove tough broccoli stalks, steam the florets until soft and finely chop.
2. Remove tomato skin and tough cores, dice, then simmer until soft. Drain excess liquid.
3. Soak oats in milk for 15 minutes. Whisk in eggs and cooled vegetables, pour into an oiled shallow dish and bake at 175°C until set. Cut into 10 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

Milk, egg, oats (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

SHARED INGREDIENTS

rolled oats, eggs, pasteurised milk, canola oil, broccoli, tomato

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.