Chickpea and vegetable breakfast mash with carrot and courgette

NZB-0828 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

no-added-salt chickpeas 520 g drained water · 160 mL

canola oil · 12 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. Rinse chickpeas and simmer until very soft. Mash smooth with cooked vegetables, oil and enough of the cooking water for a moist texture. Check that no whole chickpeas remain.
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

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

SHARED INGREDIENTS

no-added-salt chickpeas, 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.