Red lentil breakfast mash with pumpkin and courgette

NZB-0866 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

red lentils · 240 g

water · 850 mL

canola oil · 12 mL

pumpkin · 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. Remove pumpkin skin and seeds, then steam until spoon-soft and mash.
2. Finely dice courgette, then cook until spoon-soft and drain well.
3. Rinse lentils. Simmer in water until completely soft and stir in oil and the cooked vegetables. Mash any lumps and adjust with drinking water for a spoonable texture.
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

red lentils, canola oil, pumpkin, 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.