Red lentil breakfast mash with courgette and green beans

NZB-0884 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

red lentils · 240 g

water · 850 mL

canola oil · 12 mL

courgette · 190 g

green beans · 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. Finely dice courgette, then cook until spoon-soft and drain well.
2. Trim and remove strings from green beans. Cook until very soft, then mince across the fibres.
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, courgette, green beans

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.