Red lentil breakfast mash with courgette and tomato

NZB-0885 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

red lentils · 240 g

water · 850 mL

canola oil · 12 mL

courgette · 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. Finely dice courgette, then cook until spoon-soft and drain well.
2. Remove tomato skin and tough cores, dice, then simmer until soft. Drain excess liquid.
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, 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.