# Cumin Black Beans Stew With Courgette & Spinach And Potato Mash

KGAKL20270115 / NZ-0226 · Cooler Places · 10 children

## INGREDIENTS

canned black beans (drained) · 570 g

potato (raw) · 650 g

courgette · 300 g

spinach · 300 g

ground cumin · 3 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative serving. Follow the measured ingredients.

## PREPARATION

1. Prepare and cook vegetables and starch until fork-soft. For mash, peel and mash with a little drinking water.
2. Drain and rinse beans or chickpeas. Simmer with the listed flavouring, adding water for a moist texture. Mash whole beans and chickpeas as needed.
3. Serve warm over the starch or plate components separately. Adjust texture and portion size to each child’s feeding plan.

### TOPPING IDEAS

Use a little cooking liquid to keep the dish moist, as needed.

### CHEF’S PREP NOTE

Measure the batch first. Set aside younger children’s portions before final texture adjustment.

### NUTRITION BENEFITS

The main protein ingredient adds variety to the menu.

### SERVING TEXTURES

Under twos eating solids: mash or finely chop to the individual feeding stage and moisten as needed. Ages two to five: serve small, soft pieces. Check all chicken for bones and gristle. Mash round beans or chickpeas to a safe texture for that child. Seat and supervise children while eating.

### HOW TO PLATE IT

Plate the soft starch, protein and vegetables separately where practical. Adjust portions to individual feeding plans.

### ALLERGEN CHECK

Check individual ingredient labels; verify all product labels, substitutions and each child’s allergy plan. Prevent cross-contact and keep raw and ready-to-eat food separate.

### STORAGE TIPS

Keep chilled food at 5°C or colder. Record food served and substitutions.

### EQUIPMENT NEEDED

Saucepans, steamer, colander and masher.

### FOOD HANDLING GUIDANCE

Follow the centre’s food safety plan. Refer to the linked MPI guidance on the full recipe page.

Approx. preparation and cooking: 45–60 min including an extra 10-minute serving allowance. Timing is an estimate.



Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.