Tomato Red Lentils With Broccoli & Silverbeet On Rice

KGAKL20271101 / NZ-1113 · Cooler Places · 10 children

INGREDIENTS

red lentils (dry) · 220 g

rice (dry) · 230 g

broccoli · 300 g

silverbeet · 300 g

no-added-salt crushed tomatoes · 220 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. Rinse the lentils. Simmer them with the flavouring and drinking water until very soft. Stir and add water as needed.
3. Serve warm over the starch or plate components separately. Adjust texture and portion size to each child’s feeding plan.
4. Serve cooked rice promptly or hold it above 60°C. If chilling, use shallow batches. Cool 60°C to 21°C in under 2 hours, then to 5°C or colder in under 4 more hours. Record checks.

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. 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.