







# Broccoli - Steamed




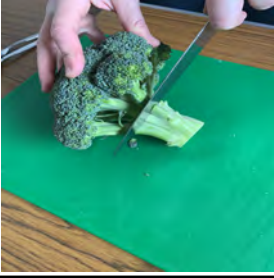
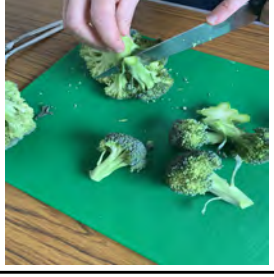
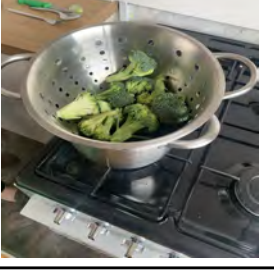


## Ingredients






## You will need

	Green chopping board		Fork
	Small chopping knife		Saucepan
	Metal Colander		Tin foil

## Method

	Add water to a saucepan and bring to the boil while you prepare the broccoli.
	Cut the stem off using a small chopping knife
	Cut into florets with a small knife
	Place the metal colander over the sauce pan of boiling water and place the broccoli into the colander
	Place a piece of tin foil carefully over and leave to cook for approx 10 minutes
	Switch hob off, carefully using a tea towel or oven glove lift the metal colander from the saucepan, empty the broccoli onto the chopping board

# Method

		<p><b><u>For mashed broccoli,</u></b></p> <p>Place a few pieces of broccoli into a small serving bowl and mash with a fork, allow to cool before serving to baby</p>
		<p><b><u>For finger food,</u></b></p> <p>Leave some broccoli in finger length pieces long enough for baby to pick up</p>















