







# Courgette



## Ingredients



## You will need

	Chopping board		Small chopping knife
	Peeler		Saucepan
	Metal colander		Tin foil

## You will need cont.....











Fork









Serving bowl

## Method

	<p>Boil water in a sauce pan while you prepare the courgette</p>	
	<p>Cut the ends off the courgette using a small chopping knife</p>	
		<p>Peel the skin of the courgette with a peeler</p>
	<p>Cut the courgette into finger length sections</p>	
	<p>Cut the sections in half</p>	
		<p>Then into finger pieces</p>

## Method

	Carefully place the metal colander on top of the saucepan of boiling water and place the courgette into the colander
	Cover with tin foil and cook for around 10 minutes
	Switch hob off and carefully remove, empty onto a plate of chopping board and allow to cool
	Remove the seeded part of the courgette using a small knife
	<b><u>For Mashed courgette,</u></b>  Use a fork to mash in a serving bowl then serve to baby once cooled
	<b><u>For finger food,</u></b>  Serve some finger sized pieces to baby as finger food.