












# Courgette Porridge



## Ingredients

		20g Porridge oats		courgette
		100 ml milk		

## You will need

	Chopping board		Small chopping knife
	Kitchen scales		Measuring jug
	saucepan		Metal colander

## You will need cont.....

		Fork peeler		Serving bowl
	Mixing spoon		Tin foil	

## Method



Add water to a sauce pan bring to the boil while you prepare the courgette

Place a metal colander on top of the sauce pan



Cut the ends off the courgette



Peel the courgette



Cut the courgette into finger length sections












Cut each section in half then into strips






Carefully place the finger length pieces into the metal colander

## Method

	<p>Cover with in foil to cook for approx 10 minutes until soft enough to squish between finger and thumb</p>
	<p>After turning the hob off carefully remove the courgette from the colander and place on a chopping board or plate and cut away the seeded section</p>
	<p>Mash the courgette with a fork in a bowl Leave some courgette fingers to the side for finger food</p>
	
	<p>Add the milk to the saucepan bring to a simmer</p>
	
	<p>Then add the porridge oats to the pan cook for around 15-20 minutes stir occasionally</p>
	<p>Add the mashed courgette to the pan in for the last few minutes of cooking, mix well</p>
	

## Method

	<p>Place into a serving bowl allow to cool slightly</p>
	<p>Serve to baby</p>
	<p>Can also be served with cooked courgette sticks as finger food for baby</p>