





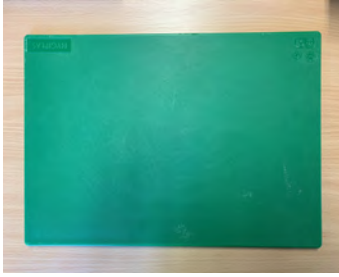





Lentil & parsnip curry




Ingredients

	lentils		parsnip
	Curry powder		Natural yogurt

You will need

	Chopping board		Small chopping knife
	Pan and metal colander		Saucepan
	Mixing spoon		Measuring jug

You will need cont....

	Tea spoon		cup
	peeler		Tin foil
	fork		

Method



Boil water in a saucepan with you prepare the parsnip



Peel the parsnip with a peeler



Cut off both ends of the parsnip using a small chopping knife



Cut the parsnip in half













Cut both half's in half again












Then the sections in half again

Method

		remove the middle core from the parsnip using a small knife
		Cut the parsnip into finger length pieces
		Carefully place the parsnips in the colander and sit on top of the saucepan of boiled water
		Cover with tin foil and steam for around 10 minutes until parsnip is soft enough to squish between finger and thumb
		After the parsnip is cooked set aside some parsnip pieces for finger food Mash the remaining parsnips in a bowl using a fork
		Now measure out 4 x heaped teaspoons of lentils into a cup

Method

		<p>Rinse the lentils to remove dirt and debris</p> <p>Make sure you hand is well over the cup so not to loose any lentils</p>
		<p>Measure out 100 ml of water in a measuring jug</p>
		<p>Add the water to the saucepan</p>
		<p>Add the lentils to the water</p>
		<p>Stir occasionally with a mixing spoon and bring to the boil then allow to simmer for 20 minutes.</p>
		<p>Add the mashed parsnip</p>

Method

 	<p>Add a $\frac{1}{4}$ teaspoon of curry powder mix well and cook for further 1-2 minutes</p>
	<p>Place into a bowl for baby</p>
 	<p>Add in a teaspoon of natural yogurt (Optional)</p>
 	<p>Mix it through</p>
	<p>Serve to baby</p>
	<p>Serve with a side of parsnip finger food for baby</p>