



Chicken, Potato and Red Pepper

4 portions

Ingredients

- 1 small raw chicken breast
- 1 red pepper
- 1 large potato (approx 300g)

Method

1. Pre-heat oven at 200°C (fan)
2. Wrap chicken breast loosely in foil and cook in the oven for around 20 mins. To check it is cooked thoroughly, cut the thickest part of the chicken and there should be no pink colouring and the juices should run clear. The chicken should be soft to the touch.
3. To prepare the cooked chicken – Cut into finger sized pieces and reserve some to serve as finger food. Chop the remaining chicken very finely and set aside.
4. Peel the potato and cut into finger sized pieces and steam cook in a colander over boiling water for approximately 20 minutes. Ensure the potato is soft and can be squidged between thumb and finger. Reserve some potato fingers to serve as finger food and mash the remaining potato and set aside.
5. Cut the red pepper into strips, around the size of an adult finger, removing any seeds and steam for 8-10 minutes. Leave to cool for a few minutes then gently peel the skin, as this can be tough for baby to manage. Reserve a couple of pepper sticks for serving as finger food and mash or chop finely the remaining pepper.
6. Mix together the cooked chicken, mashed potato and chopped red pepper, adding some cooking liquid if required to achieve the correct texture.
7. Serve immediately along with some potato and red pepper fingers.