

Chicken, potato & red pepper



Ingredients

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|--|----------------|--|--------------|
|  | Chicken breast |  | Large potato |
|  | Red pepper | | |

You will need

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|---|-----------|--|----------------------|
|  | Oven tray |  | Small chopping knife |
|  | Tin foil |  | Chopping board |
|  | peeler |  | fork |

You will need cont



Large chopping
knife



bowls



Mixing bowl



Saucepan & metal
colander

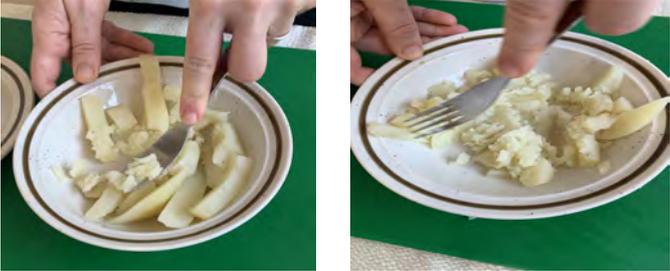
Method

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|  | <p>Pre-heat oven to 200°C (fan)</p> |
|   | <p>Wrap the chicken breast loosely in tin foil and place in middle of oven tray then into the oven to cook for around 20 minutes</p> |
|  | <p>While the chicken is in the oven boil some water in a pan while you prepare the potato</p> |
|  | <p>Peel the potato using the peeler</p> |
|   | <p>Cut the potato in half with a knife</p> |
|  | <p>Cut each half into strips</p> |

Method

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|  |  | <p>cut the potato into finger size pieces</p> |
|  |  | <p>Carefully place the potatoes in the metal colander over the pan of boiling water</p> |
|  | | <p>Cover with tin foil and cook for around 20 minutes, until soft enough to squish between finger and thumb</p> |
|  | | <p>Carefully remove the chicken from the oven and unwrap the foil</p> |
|  |  | <p>To check if chicken is cooked cut the breast apart, there should be no pink and juices should run clear and chicken soft to touch</p> |
|  |  | <p>Cut the chicken into finger size pieces and reserve a some for finger food</p> |

Method

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|  | <p>Chop the remaining chicken finely using a knife, then set aside in a bowl or plate</p> |
|  | <p>Remove the potato and set aside some pieces for finger food , then mash the remaining potato with a fork. The potato should be soft enough to squish between finger and thumb</p> |
|  | <p>Cut the pepper in half</p> |
|  | <p>Removed all the seeds from the inside of the pepper</p> |
|  | <p>Cut the pepper into strips the size of an adults finger</p> |
|  | <p>Carefully place the pepper into colander over the pan of boiling water that you used for the potatoes</p> |

Method

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|  | <p>Carefully cover with tin foil and steam for 8-10 minutes</p> | |
|  |  | <p>Allow to cool for few minutes then peel the skin off the pepper using your fingers or thumb</p> |
|  |  | <p>Reserve a some of the pepper stick for finger food</p> <p>Mash the remaining peppers with a fork</p> |
|  | <p>Now you should have all 3 cooked ingredients</p> | |
|  | <p>Add the chicken into a bowl with the pepper</p> | |
|  |  | <p>Then add the potato</p> |

Method

| | | |
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|  |  | <p>Mix all together</p> <p>You may add some cooking liquid from the saucepan to achieve the correct texture</p> |
|  | <p>Serve to baby in a serving bowl</p> | |
|  | <p>You can offer baby finger food of the potato pepper and chicken</p> | |
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