Noodle stir fry



- Preparation: 15 minutes
- Cooking: 15 minutes
- Freeze: Up to 2 months
- Allergens: sesame, soy
- Serves 4 adults

INGREDIENTS

- 1-2 garlic cloves
- 1 tbsp low-sodium soy sauce*
- 500g lean meat mince or crumbled Tofu
- 2 cups chopped vegetables of choice (eg. capsicum, broccoli, carrots)
- 100g sweet potato noodles
- Sesame oil* or other cooking oil

DIRECTIONS

1. Cook noodles according to the packet directions
2. Heat a wok over high heat. Add 1 tablespoon oil and swirl to coat
3. Add mince and stir with a wooden spoon to break up mince for 8 minutes or until browned
4. Transfer mince to a bowl, draining fat
5. Add vegetables to pan and stir-fry for 3 to 4 minutes or until tender
6. Remove vegetables for baby or toddler
7. Add mince, noodles and sauce to pan. Stir-fry for 1 minute to combine

IRON

PUREE



MINCED/MASHED



FINGER FOOD



KARITANE®
Partnerships made for parents

Korean Bulgogi



- Preparation: 20 minutes
- Cooking: 20 minutes
- Freeze: Up to 2 months
- Allergens: sesame, soy
- Serves 4 adults

INGREDIENTS

- 500g lean ground beef
- 1 tbsp, Sesame oil*
- Grated carrot & zucchini
- Diced capsicum

Salad to serve: chopped cucumber, capsicum, grated carrot and sliced shallots

Sauce:

- 100g apple or pear puree
- 1 small garlic clove
- 2 tsp sesame seeds*
- 1 tbsp low-sodium soy sauce*

DIRECTIONS

1. Cook rice according to packet directions
2. Heat a wok or pan over high heat. Add 1 tablespoon oil and swirl to coat.
3. Add mince and stir with a wooden spoon to break up mince, cook for 8 minutes or until browned.
4. Add grated carrot, zucchini and diced capsicum. Cook for 3 minutes.
5. Add sauce and simmer for about 3 - 4 minutes.
6. Serve with cooked rice and salad vegetables

IRON

PUREE



MINCED/MASHED



FINGER FOOD



KARITANE®
Partnerships made for parents

Chicken Curry



- Preparation: 15 minutes
- Cooking: 45 minutes
- Freeze: Up to 2 months
- Serves 4 adults

INGREDIENTS

- 800g chicken thigh
- 1 sweet potato, chopped into 2cm pieces
- 1 onion, diced
- 1 ½ cup peas
- 1 tsp of ground cumin
- 1 tsp of garam masala
- 1 tsp of ground coriander
- 1 tbsp grated ginger
- 1 tbsp crushed garlic (optional) 400mL of coconut milk
- 1 tbsp olive oil
- 1 cup uncooked rice

DIRECTIONS

1. Cook rice according to packet directions.
2. Heat olive oil in a pan over medium-high heat.
3. Cook onion and sweet potatoes, stirring often, for 5 minutes.
4. Add chicken and spices. Stir for 5-10 minutes, until chicken changes colour.
5. Stir in coconut milk and simmer for 15-20 minutes or chicken is cooked.
6. Add peas just before serving.

PUREE



MINCED/MASHED



FINGER FOOD



Falafels



- Preparation: 15 minutes
- Cooking: 20 minutes
- Freeze: Up to 2 months
- Allergens: Wheat
- Serves 4 adults

INGREDIENTS

- 1 can (400g) drained chickpeas, rinsed (no added salt)
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp black pepper
- 2 tbsp plain flour*
- 2 tsp chopped parsley
- 1 tsp crushed garlic
- 1 tbsp olive oil

DIRECTIONS

1. Add all ingredients to a bowl except the oil.
2. Mash the chickpeas with a fork or blitz in a food processor until ingredients are mixed well and form a thick paste.
3. Using a tablespoon, scope the mixture into your hands and roll into balls.
4. Heat a pan with oil over medium-low heat. Add the falafel balls and gently press on them with the back of the spoon to flatten.
5. Fry for 4 minutes on each side.
6. Remove from heat and leave to cool completely before serving. Serve falafel with hummus and salad.

MINCED/MASHED



FINGER FOOD



KARITANE®
Partnerships made for parents

Quick hummus



- Preparation: 10 minutes
- Freeze: Up to 2 months
- Allergens: Sesame
- Serves 4 adults

INGREDIENTS

- 1 can (400g) drained and rinsed chickpeas (no added salt)
- 1 lemon, juiced
- 2 tablespoons tahini*
- 2 tablespoons olive oil

DIRECTIONS

1. Add all ingredients to a blender or food processor. Blend until smooth.
2. Add water or extra water gradually until you have the desired consistency.

MINCED/MASHED



FINGER FOOD



Chinese Tomato & Egg



- Preparation: 15 minutes
- Cooking: 20 minutes
- Allergens: Egg, soy, sesame
- Serves 4 adults

Eggs should be well cooked when offered to children under 12 months of age

INGREDIENTS

- 8 medium tomatoes, cut into wedges or diced
- 2 spring onion, finely chopped
- 8 large eggs
- 1 tbsp low-sodium soy sauce
- ½ tsp white pepper
- 1 tbsp sesame oil
- 3 tbsp olive oil
- 2 tbsp apple puree
- ½ - 1 cup water

DIRECTIONS

1. Whisk the egg with pepper and sesame oil.
2. Heat a pan with oil over medium heat. Scramble the eggs and remove from heat. Set aside.
3. Add 1 tbsp oil to the same wok, increase the heat to high. Add the tomato and scallions, stir- fry for 2-4 until minutes. Add the apple puree, soy sauce and water into the wok. Mix well.
4. Add the scramble egg and stir well. Cook for 1-2 minutes until tomatoes are completely softened and eggs are cooked through.
5. Serve with rice.

MINCED/MASHED



This texture is suitable from 7 months

FINGER FOOD



KARITANE®
Partnerships made for parents

Lentil Dhal



- Preparation: 20 minutes
- Cooking: 20 minutes
- Freeze: Up to 2 months
- Allergens: Sesame, soy
- Serves 4 adults

INGREDIENTS

- 1 cup red lentils
- 3-4 fresh tomatoes, chopped or 1 400g tin, diced tomatoes.
- 1 brown onion, finely diced
- 3 cloves garlic, crushed
- 2 tsp minced ginger
- 3-4 cup reduced salt vegetable stock
- 1-2 tsp ground cumin
- 1/4 tsp grama masala
- 1-2 tsp ground coriander
- 1-2 tsp ground turmeric
- 1 tbs olive oil
- 4 curry leaves (optional)

DIRECTIONS

1. Rinse lentils under cold water and drain well.
2. Heat oil in a large saucepan, add onions and cook for 2 min.
3. Add spices, garlic, and ginger stir and cook for 1 min until fragrant.
4. Add tomatoes, lentils and optional curry leaves. Stir and cook for 2 -3 minutes.
5. Add stock, stir and gently bring to simmer.
6. Cover and simmer on low-to-medium for 30 minutes, stirring occasionally.
7. Remove lid and cook for a further 10minutes or until lentils are nice and soft (or to your preferred texture).
8. Remove from heat and separate child's portion.
9. Serve with your choice of steamed rice or roti.

PUREE



FINGER FOOD



Mexican beef



- Preparation: 15 minutes
- Cooking: 20 minutes
- Freeze: Up to 2 months
- Allergens: Wheat
- Serves 4 adults

INGREDIENTS

- 500g lean meat mince
- 1 tin diced tomatoes
- 1 brown onions, diced
- 3 cloves garlic, chopped
- 1-2 tsp ground cumin
- 1-2 tsp ground coriander
- 1-2 tsp smoked paprika
- 1 can beans, drained and rinsed (optional)
- 1 tin corn kernels or 1 cup frozen corn, (optional)

DIRECTIONS

1. Heat 1 teaspoon oil in a large saucepan over medium heat, add the onions and cook for 5 minutes
2. Add beef and cook until brown
3. Add garlic and spices and stir for 2 minutes
4. Add tomatoes and beans, cook for 15 minutes
5. Serve with desired sides

Optional sides

- Guacamole Salsa
- Tomato, lettuce, grated carrot
- Grated cheese
- Plain yoghurt
- Rice or tortillas

IRON

TIPS

Smooth puree – blend or mash to desired texture and allow to cool before serving

7 months + child may be ready to eat the family meal, avoid seasoning your child's portion with salt and consider reducing the amount of chilli as required

Mexican beans



INGREDIENTS

- 4 fresh tomatoes, chopped or 1 tin diced tomatoes
- 1 brown onion, diced
- 3 cloves garlic, chopped
- 1-2 tsp ground cumin
- 1-2 tsp ground coriander
- 1-2 tsp smoked paprika
- 2 cans kidney beans, black beans or mixed means, drained and rinsed
- 1 tin corn kernels or 1 cup frozen corn, (optional)

DIRECTIONS

1. Heat 1 teaspoon oil in a large saucepan over medium heat, add the onions, garlic and spices and cook for 5 minutes
2. Add tomatoes and beans, simmer for 15 minutes

TIPS

Smooth puree – blend or mash to desired texture and allow to cool before serving

7 months + child may be ready to eat the family meal, avoid seasoning your child's portion with salt and consider reducing the amount of chilli as required.