

Watercress, Potato & Courgette Purée (Makes 6 portions)

Ingredients

6 small potatoes (approx. 300g/11oz), peeled and chopped

300ml/10 fl. oz vegetable stock (as per recipe)

1 medium courgette (approx. 100g/4oz), sliced

Small bunch of watercress

Method

1. Place the potatoes into a saucepan and cover with the vegetable stock.
2. Add the courgette and continue to cook for 5 minutes.
3. Trim the stalks of the watercress and add to the potato. Cook for 2-3 minutes.
4. Purée the mixture and if desired add a little low protein milk to adjust the consistency.

Notes

Watercress blends well with the other vegetables to make a tasty, bright green purée. You can add a little low protein milk if your baby prefers it that way.

Each portion is equivalent to 1 exchange. This recipe is equivalent to 6 exchanges. Remember, 1 small/egg sized potato (55g) equals 1 exchange.