

Shepherd's Pie Weaning Recipe

This Shepherd's Pie recipe is perfect for the start of your weaning journey. It's nutrient-packed, simple to make, and delicious for the whole family. With tender beef, veggies, and creamy mashed potatoes, this dish introduces your baby to separate tastes.

Everyone can enjoy this healthy meal, which is naturally wheat-free and can be easily adapted to be dairy-free too!

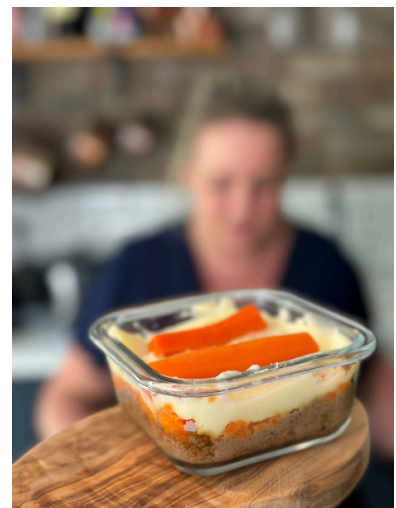
INGREDIENTS:

For the mince:

- 500 g beef mince
- 3 rashers of smoked 'naked' (non nitrate) bacon
- 1-2 tomatoes (chopped)
- ½ onion (chopped)
- 1 no-salt stock cube
- Mixed herbs (to taste)
- 2-4 sticks of celery (chopped)
- 6 carrots (3 for the puree and 3 for finger food batons/serving)

For the mashed potatoes and carrot:

- Potatoes (enough to serve your family)
- Milk of your choice (dairy or dairy-free)
- Butter or olive oil (for dairy-free)
- 3 carrots and some olive oil



INSTRUCTIONS:

1. Prepare the Mince:

- In a pan, stir the beef mince with the chopped onion.
- Add the chopped tomato, bacon, carrots, celery, mixed herbs, and the no-salt stock cube.
- Pour in 2 cups of water and bring to a boil. Cook until everything is very soft.

2. Make the mashed potatoes:

- Peel and chop the potatoes. Place them in a separate pan of water and boil until soft.
- Mash the potatoes with your milk of choice and butter or olive oil. Set aside.

3. Peel and chop the carrots and boil or steam until very soft, puree 3 carrots with olive oil or butter

3. Purée for the first serving:

- For the first serving, purée the mince mixture

4. Freezing instructions:

- When freezing, layer the minced mixture, pureed carrots, and mashed potatoes on top of each other in freezer-safe containers.

5. Subsequent Servings:

- For future meals, you can simply boil the mince until it's soft without puréeing. Your baby can start enjoying this from around 6.5 to 7 months old, but ensure they've tried most of the ingredients separately before mixing them together.

NUTRITIONAL INFORMATION AND BENEFITS:

This Shepherd's Pie is rich in protein from the beef, vitamins, and minerals from the vegetables, and carbohydrates from the potatoes. It provides a balanced meal for your baby that can benefit the whole family. Using olive oil instead of butter offers healthy fats, while making it dairy-free is easy with alternative milks.