

# CARROT PUREE WITH CORIANDER

*From 6 months*



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## PREPARATION

10 minutes

## COOKING

20 minutes

## FOR 1 BABY

## TEXTURE

Smooth

## FROM 6 MONTHS

## INGREDIENTS

120 g carrots • 80 g potatoes • 5 g butter • 2 leaves of coriander • A bit of milk • 10 g chicken • 1 pinch ground cumin

## USTENSILS

Bowls • Scales • Knives • Peeler • Saucepan • Frying pan • Maryse • Spatula • Blender



1/ Peel the carrot and the potatoe.

2/ Cook the carrot and the potatoe with the chicken, cumin and coriander in a pan, add milk. Wait until meat is well cooked.

3/ Drain the food and mixed in a blender with the butter.

*Serve warm to baby!*

