

POWERED BY
eggs

First Family Recipes:

Recipes and meal inspiration
to help guide the introduction
of solids and the sharing of
family meals with infants
and toddlers



First Food Facts



From Dietitian Sharon Natoli

Introducing solid foods and encouraging your little ones to start on the path toward joining family mealtimes can be an exciting and challenging process. To provide your baby with the nutrients needed from foods of the right texture for their stage of growth and development, keep these tips in mind...

- Start solids by around 6 months of age, but not before 4 months. This is the time when your baby's nutritional needs are at their highest, and their physical development will allow them to accept and digest solid food.
- Start with iron rich foods such as iron-enriched infant cereals, pureed meat, eggs, fish or tofu and then add vegetables, fruits and dairy foods such as full-fat yoghurt.
- Remember to avoid giving your baby small, hard pieces of food including raw carrot, celery and whole nuts as it can put them at risk of choking.
- Eggs are a good source of protein, iron and essential fatty acids and is a nutritious food to include in the diets of infants. Previously, it had been suggested that for high-risk infants, eggs should be avoided, at least for the first 12 months of life to prevent development of an allergy. However, current evidence suggests that the introduction of egg into your child's diet before 8 months of age helps to develop tolerance to egg, even in infants who are at high risk of developing food allergies¹.



¹Australasian Society of Clinical Immunology and Allergy 2016, Infant Feeding and Allergy Prevention, <https://www.allergy.org.au/hp/papers/infant-feeding-and-allergy-prevention>

What and When ...

It is important to keep increasing and varying the texture of food for infants to allow the muscles around the mouth and jaw that are involved in feeding to develop properly.

Babies will quickly learn to accept increasingly lumpy foods so that by the time they are around 12 months of age, they will be eating a wide variety of foods like the rest of the family.

Once infants have accepted pureed foods, progress to mashed foods then move onto minced and chopped.

By around 8 months of age, most infants can manage finger foods. It is important to be mindful that the texture of the food offered is appropriate to the infant's stage of development.



Sweet Potato, Zucchini Puree and Egg

Stage 1
Recipes

3 - 6 months

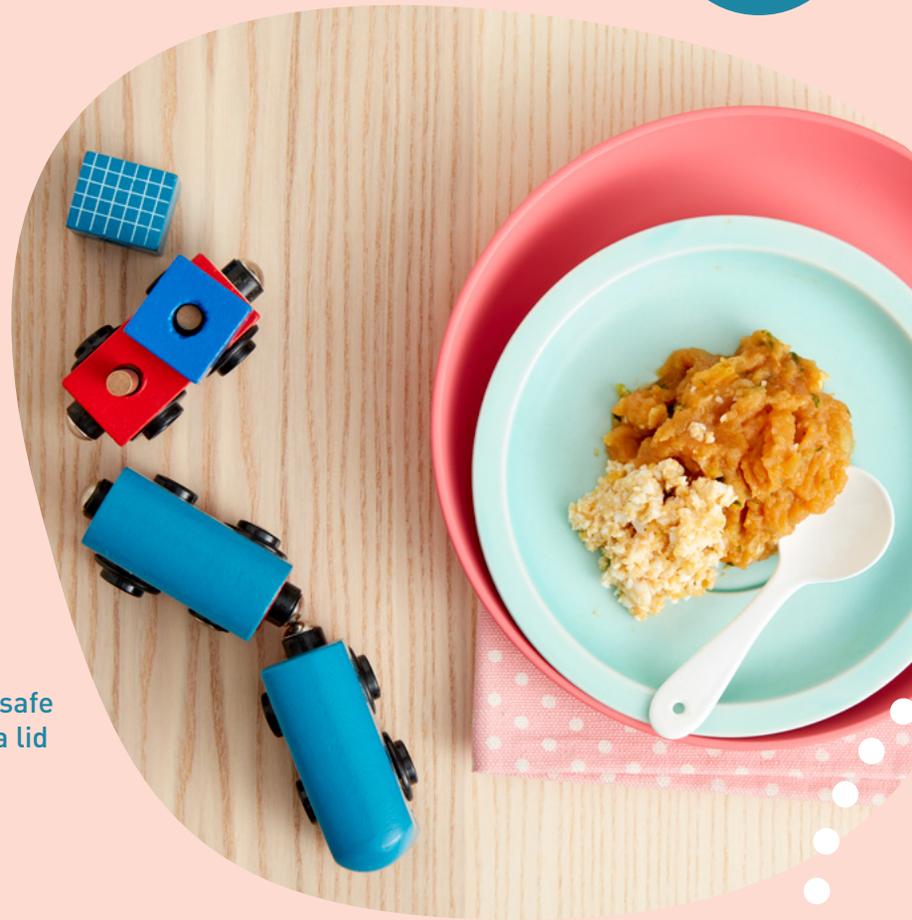
Preparation time: 5 minutes • Cooking time: 15 minutes
• Makes: About 2 cups

INGREDIENTS

- 450g sweet potato, peeled, chopped
- 1 large zucchini, chopped
- 1 egg

METHOD

1. Place sweet potato in a steamer over a saucepan of simmering water.
2. Cover and steam for 10 minutes or until almost tender. Add zucchini and steam for 3 minutes or until vegetables are tender.
3. Alternatively, place vegetables into a microwave safe dish and add 4 tablespoons of water. Cover with a lid and cook on 100% power for 5 minutes.
4. Stand for 3 minutes before opening lid. Drain. Set aside to cool slightly.
5. Meanwhile, place egg in a small saucepan of water and bring to the boil over a high heat. Reduce heat to medium and simmer for 8 minutes. Drain and rinse under cold running water. Peel egg.
6. Process sweet potato and zucchini in a food processor until smooth (or alternatively you can use a blender).
7. Serve pureed vegetables (approximately $\frac{1}{4}$ cup) with $\frac{1}{4}$ mashed egg per portion.



Tip

Any remaining portions can be stored in a sealed container and refrigerated. Use within 24 hours.

Boiled and Scrambled Eggs

Stage 1
Recipes

3 - 6 months

Puree or mash one hard-boiled or well-cooked scrambled egg and serve. For a more liquid consistency, add breast milk, formula or water.

INGREDIENTS

- 1 medium egg
- 3-4 tsp boiled water, breast milk or formula

METHOD

TO HARD-BOIL EGG:

1. Place egg into a small saucepan and just cover with enough cold water. Bring to a gentle boil and cook for 8-10 mins.
2. Drain immediately and cool under cold water until cool enough to handle.
3. Peel egg and mash with a fork. Stir through enough boiled water or breast milk to form a smooth consistency.
4. Separate into portion sizes and serve.
5. Place remaining portion into a sealed container and refrigerate. Use within 24 hours.

TO SCRAMBLE:

1. Whisk egg for 15-20 secs.
2. Heat a non-stick frying pan over low heat and add egg.
3. Stir, continuously pulling the egg from the edge of the pan to the centre with a spatula, forming soft tight curds.
4. Remove from pan and mash with a fork. Stir through enough boiled water or breast milk to form a smooth consistency.
5. Separate into portion sizes and serve.

Tip

Freeze left over portions of puree (without egg) in individual airtight containers for up to 2 months. Thaw, warm and stir through mashed egg before serving.



Vegetable Egg Mash

Preparation time: 10 minutes • Cooking time: 15 minutes
• Makes: About 2 cups

INGREDIENTS

- 1 large carrot, peeled, thinly sliced
- 1 large (about 150g) potato, peeled, chopped
- 200g peeled pumpkin or sweet potato, chopped
- 150g broccoli, trimmed, cut into florets
- 1 egg

METHOD

1. Place carrot, potato and pumpkin in a steamer over a saucepan of simmering water. Cover and steam for 10 minutes or until almost tender.
2. Add broccoli and steam for 4 minutes or until vegetables are tender.
3. Alternatively, place vegetables into a microwave safe dish and add 4 tablespoons of water. Cover with a lid and cook on 100% power for 5 minutes. Stand for 3 minutes before opening lid.
4. Drain. Return to saucepan or dish and mash leaving some texture.
5. Meanwhile, place egg in a small saucepan of water and bring to the boil over a high heat. Reduce heat to medium and simmer for 8 minutes.
6. Drain and rinse under cold running water. Peel egg.
7. Serve mashed vegetables (about $\frac{1}{3}$ cup), with a $\frac{1}{2}$ chopped hard-boiled egg.

Stage 2
Recipes

6 - 9 months



Tip

Freeze left over portions of mash (without egg) in individual airtight containers for up to 2 months. Thaw, warm and serve alongside half a chopped egg before serving.

Mini Almond Pancakes

Preparation time: 10 minutes • Cooking time: 10 minutes
• Makes: 12

INGREDIENTS

- ½ cup (75g) plain flour
- ½ cup (50g) almond meal
- ¾ tsp baking powder
- 2 eggs
- 60ml (¼ cup) milk
- 1 tsp vanilla extract
- 1 small banana
- ¼ cup blueberries mashed
- 1 ½ tbs plain yoghurt
- Ground cinnamon, to sprinkle

METHOD

1. Sift flour and baking powder into a medium bowl.
2. Stir in almond meal. Whisk eggs, milk and vanilla in a jug. Add egg mixture to flour mixture and whisk until well combined.
3. Lightly spray a large non-stick frying pan with oil and heat over medium-high heat. Spoon tablespoons of batter into pan to form 4 mini pancakes.
4. Cook for 1-2 minutes each side or until golden and cooked through.
5. Repeat with remaining batter to make 12 pancakes, spraying with a little more oil as required.
6. Stir mashed blueberry through mashed banana. Add a dollop of yoghurt, then banana and blueberry mix on top of pancakes.
7. Sprinkle over a pinch cinnamon, if desired.

Tip

Try serving topped with apple puree, other types of mashed berries or ricotta. Leftover pancakes can be wrapped in plastic wrap and frozen for up to 1 month.

Stage 2
Recipes
6 - 9 months



Egg Worm Noodles with Simple Fried Rice

Stage 3
Recipes

9 - 12 months

Preparation time: 10 minutes • Cooking time: 10 minutes
• Serves: 4

INGREDIENTS

- 1½ cups chopped mixed vegetables (see Tip)
- 2 eggs
- 1 tbs milk
- 2 hard-boiled eggs, peeled, chopped
- 250g packet microwave brown rice

METHOD

1. Boil, steam or microwave vegetables until just tender. Drain.
2. Whisk eggs and milk in a small bowl until well combined.
3. Lightly spray a medium non-stick frying pan with oil and heat over medium-high heat.
4. Add egg mixture, tilting pan to evenly cover base.
5. Cook omelette for 1-2 minutes or until just set. Carefully loosen edges and turn out onto a board. Cut into thin strips to make 'worms'.
6. Cook rice following packet instructions.
7. Combine rice and cooked vegetables. Divide fried rice between serving bowls and serve topped with egg 'worms'.



Tip

Fried rice can be frozen in small portions in a sealed container without the egg worm omelette for up to 1 month. Reheat in the microwave or in a saucepan.

Turkey, Broccoli and Quinoa Burgers

Preparation time: 25 minutes • Cooking time: 15 minutes
• Serves: 4

INGREDIENTS

- 150g broccoli, trimmed, cut into florets
- 3 long green onions, thinly sliced
- 4 wholegrain buns, split, toasted
- 60g (¼ cup) hummus
- 4 eggs
- 60g mixed salad leaves
- 500g turkey breast mince

- 100g (½ cup) quinoa flakes
- 2 tomatoes, sliced
- 1 Lebanese cucumber, sliced
- 1 tbs sriracha chilli sauce, plus extra, to serve (optional)

Tip The combination of lean turkey mince, egg and quinoa flakes makes these burgers packed with protein, containing well over half the recommended daily protein intake per serve.

METHOD

1. Steam, boil or microwave broccoli until tender. Drain. Set aside to cool then finely chop.
2. Combine broccoli, mince, quinoa, green onions and one egg in a medium size bowl.
Tip For babies and toddlers, at end of step 2, roll one portion of mince mixture into small meatballs (about 1 tablespoon each). Cook as per step 3. Serve with grated carrot, peeled and finely diced cucumber and avocado, quartered cherry tomatoes, a quartered hard-boiled egg and 1 tablespoon hummus for dipping (per serve).
3. Divide mixture into 4 portions. Shape each portion into a 2cm-thick burger patties (see Tip).
4. Heat oil in a large non-stick frying pan over medium heat. Cook patties for 3-4 minutes each side or until golden and cooked through.

5. Meanwhile, lightly spray a large non-stick frying pan with oil and heat over medium-high heat.
6. Fry remaining eggs until cooked to your liking.
7. To assemble, spread bread roll bases with hummus. Top each with salad leaves, tomato, cucumber a burger patty and an egg.
8. Drizzle with a little sriracha chilli sauce and enclose with bun tops. Serve.

Tip

Leftover meatballs can be frozen or kept in an airtight container in the fridge for up to 2 days.



Stage 4
Recipes
Family Foods

Sweet Potato and Chicken Pie

Preparation time: 20 minutes • Cooking time: 40 minutes

• Serves: 4

INGREDIENTS

- 250g skinless chicken breast
- 700g sweet potato, peeled
- 250g frozen spinach, thawed
- 6 eggs
- 25g (1/3 cup) finely grated parmesan cheese

TOMATO OLIVE SALSA:

- 1/4 red onion, finely chopped
- 200g grape tomatoes, chopped 55g (1/3 cup) pitted black olives, thinly sliced

METHOD

1. Preheat oven to 180°C/160°C fan-forced. Lightly spray a small non-stick frying pan with oil and heat over medium heat.
2. Cook chicken for 4 minutes each side or until golden and cooked through.
3. Transfer to a board and set aside to cool slightly. Shred chicken.
4. Lightly spray a 24cm (base measurement) x 4cm deep pie dish with olive oil.
5. Cut two long strips of baking paper measuring 28cm long. Place strips into the base of the dish crossing over in the middle. This will make the pie easier to remove from the dish.
6. Slice sweet potatoes into thin (about 2-3mm thick) rounds. Place into a large microwave safe bowl and add 2 tbs of water. Cover and cook for 2 minutes.



Stage 4
Recipes

Family Foods

7. Stir, cover again and cook for a further 1-2 minutes or until sweet potatoes has begun to soften. Remove, drain and cool until cool enough to handle.
8. Arrange sweet potato slices into pie dish, overlapping to line the base and sides.
9. Squeeze out excess water from spinach.
10. Beat eggs in a large bowl. Add spinach, chicken and parmesan and stir to combine.
11. Carefully pour filling over sweet potato base and cover dish with foil. Bake for 15 minutes.
12. Remove foil and bake for a further 15-20 minutes, or until filling is set. Let stand for 5 minutes before serving.
13. Meanwhile, combine onion, tomato, olives, oil and lemon juice in a small bowl.
14. Season with salt and pepper. Serve pie topped with the salsa for grown-ups and older kids. For babies and toddlers, cut into cubes.

Tip

Using sweet potato instead of pastry makes this pie packed with veggies. Each serve contains over 3 serves of veg.





For more meal inspiration visit:
www.australianeggs.org.au/powered-by-eggs