

Vegetable Egg Mash



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 15 May 2020

Categories: Vegetarian, First Foods



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. Add broccoli and steam for 4 minutes or until vegetables are tender.
2. 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.
3. Drain. Return to saucepan or dish and mash leaving some texture.

4. 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.
5. Serve mashed vegetables (about 1/3 cup), with a ½ chopped hard-boiled egg.

Notes

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.

This vegetable mash is perfect for toddlers aged 9 - 12months.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
148g	338kj 81kcal	5.5g	1.6g	0.5g	9.3g	3.4g	34mg	3.3g

All nutrition values are per serve.