



Minced Beef Pie



	5		60
Serves	Foodies	Total Time	minutes
	15		45
Cooking	minutes	Prep	minutes

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We recommend that you speak to your health care professional about how to feed your baby and seek advice on when to introduce complementary feeding.

8+
months



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Ingredients

 40G CERELAC® WHEAT (6 MONTHS-) AND 10G FOR TOPPING	 80G MINCED BEEF	 1/4 ONION, FINELY CHOPPED	 1 GARLIC CLOVE, MASHED	 1TSP VEGETABLE OIL
 1TSP TOMATO PASTE	 1 SMALL TOMATO, CHOPPED	 3 BROCCOLI FLORETS, CHOPPED	 2TBSP CARROT, CHOPPED	 2TBSP RED BELL PEPPER, CHOPPED
 2TBSP PEAS	 PINCH OF PEPPER, OPTIONAL	 1/4TSP CINNAMON, OPTIONAL	 1/4TSP OREGANO, OPTIONAL	 1/4 CUP OF WATER
 1/2 POTATO (ABOUT 150G)	 2TBSP MILK	 5G BUTTER, MELTED		

Step by step

1. WASH AND BOIL THE POTATO.
2. MEANWHILE, IN A SMALL POT, COOK THE ONION AND GARLIC IN THE VEGETABLE OIL UNTIL TRANSLUCENT. ADD THE MEAT AND CONTINUE COOKING.
3. ADD THE CHOPPED VEGETABLES: BROCCOLI, PEAS, BELL PEPPER, CARROT, TOMATO AND COOK UNTIL THEY ARE SOFT.
4. ADD THE TOMATO PASTE, SPICES (IF USING), CERELAC AND WATER AND SIMMER FOR 5 MINUTES.
5. SEPARATELY, IN A BOWL, MASH THE POTATO WITH A FORK, ADDING THE MELTED BUTTER AND MILK.
6. LAYER THE MEAT, FOLLOWED BY THE MASHED POTATOES AND SOME CERELAC CRUMBS ON THE TOP.
7. COOK IN A PREHEATED OVEN AT 180 DEGREES FOR 15 MINUTES.

NB: Make sure to supervise your Little Foodie during feeding time and you can cut or shape the dish conveniently to his/her needs.



40G CERELAC®
wheat (6 months-)
For Iron Fortification



Carrots
Vitamin A



80G Minced
Beef Protein



Broccoli
Protein