



Kids
little foodies



**Creamy
Chicken Balls**



Serves

20 foodies



Total Time

60 minutes



Cooking

30 minutes



Prep

30 minutes

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations 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.

3+
years



Creamy Chicken Balls

Ingredients



50G
CERELAC® KIDS
FOR IRON FORTIFICATION



250G
CHICKEN BREASTS,
CHOPPED INTO CUBES



2TBSP
CHOPPED ONION



50G
GREEN HERBS, PARSLEY,
THYME, OR BASIL



1/4TSP
BLACK PEPPER



1/4TSP
CUMIN



1/4TSP
GARLIC POWDER



1TSP
OIL



3/4 CUP
CHICKEN BROTH



1/4
CUP MILK



1TSP
LEMON JUICE



PINCH OF BLACK PEPPER
AND SALT

Step by step

1. CHOP THE ONION FINELY, CUBE THE CHICKEN BREAST AND RUN THE CERELAC KIDS THROUGH A SIEVE AND SET A SIDE.
2. IN A FOOD PROCESSOR, ADD THE ONION, CHICKEN BREAST, SIEVED CERELAC KIDS AND PIECES, HERBS, BLACK PEPPER, CUMIN, AND GARLIC POWDER. PROCESS THEM UNTIL THE MIXTURE COMES TOGETHER. MAKE SMALL BALLS USING CLEAN OR GLOVED HANDS.
3. ADD LITTLE OIL TO A PAN AND COOK THE CHICKEN BALLS, FLIPPING THEM TILL THEY GET A NICE COLOR.
4. KEEP THE CHICKEN BALLS IN THE PAN AND ADD THE STOCK AND THE MILK. IT'S OK IF THE BALLS ARE NOT FULLY COOKED, THEY WILL CONTINUE COOKING IN THE SAUCE. BRING THE SAUCE TO A BOIL AND CONTINUE COOKING UNTIL THE CHICKEN IS FULLY COOKED. ADD THE LEMON JUICE, CERELAC KIDS, POWDER, AND PINCH OF BLACK PEPPER. MIX IT WELL UNTIL A NICE THICK SAUCE IS FORMED. TASTE AND ADD SALT IF NEEDED.
5. SERVE WITH A SIDE OF BROWN RICE OR WHOLE WHEAT PASTA.



50G CERELAC® Kids
Multicereals & Fruits
(3 years+)
For Iron Fortification



Chicken
Breast
Protein



Onion
Calcium



Green herbs
Vitamin A