






 SUITABLE FROM 8 MONTHS


 MAKES 4 PORTIONS

 PREPARATION TIME: 10 MINUTES /  
COOKING TIME: 18 MINUTES

 SUITABLE FOR FREEZING

 SUITABLE FROM 7 MONTHS

 MAKES 2 PORTIONS

 PREPARATION TIME: 5 MINUTES /  
COOKING TIME: 9 MINUTES

 NOT SUITABLE FOR FREEZING

## Baby vegetable pasta

As your baby gets older it is important to encourage him to chew, so dice vegetables instead of pureeing them. Frozen peas and sweetcorn are good standbys to keep in your freezer.

50 g (2 oz) baby shell pasta  
10 g (½ oz) butter  
50 g (2 oz) onion, finely chopped  
30 g (1 oz) carrot, finely diced  
30 g (1 oz) red pepper, finely diced  
30 g (1 oz) frozen sweetcorn  
30 g (1 oz) frozen peas  
10 g (½ oz) plain flour  
250 ml (9 fl oz) vegetable stock  
2 tbsp basil, chopped  
1 tsp lemon juice  
30 g (1 oz) Parmesan cheese, grated

★ Cook the pasta according to the instructions on the packet. Drain.  
★ Melt the butter in a saucepan. Add the onion, carrot and pepper, cover with a lid and sauté for 10 minutes until nearly soft. Add the sweetcorn and peas and sauté for 2 minutes. Add the flour, then add the stock, stirring until thickened. Simmer for 3 minutes, then add the basil, lemon juice and Parmesan.  
★ Stir in the drained pasta.

## Confetti pasta

50g (2 oz) orzo or other  
small pasta shapes  
30g (1½ oz) carrot, diced  
30g (1½ oz) frozen peas  
1½ tbsp cream  
3 tbsp Parmesan, grated

★ Cook the pasta for 6 minutes together with the diced carrot. Add the peas for the last 2–3 minutes, then drain.  
★ Stir the cream and Parmesan into the pasta and serve.