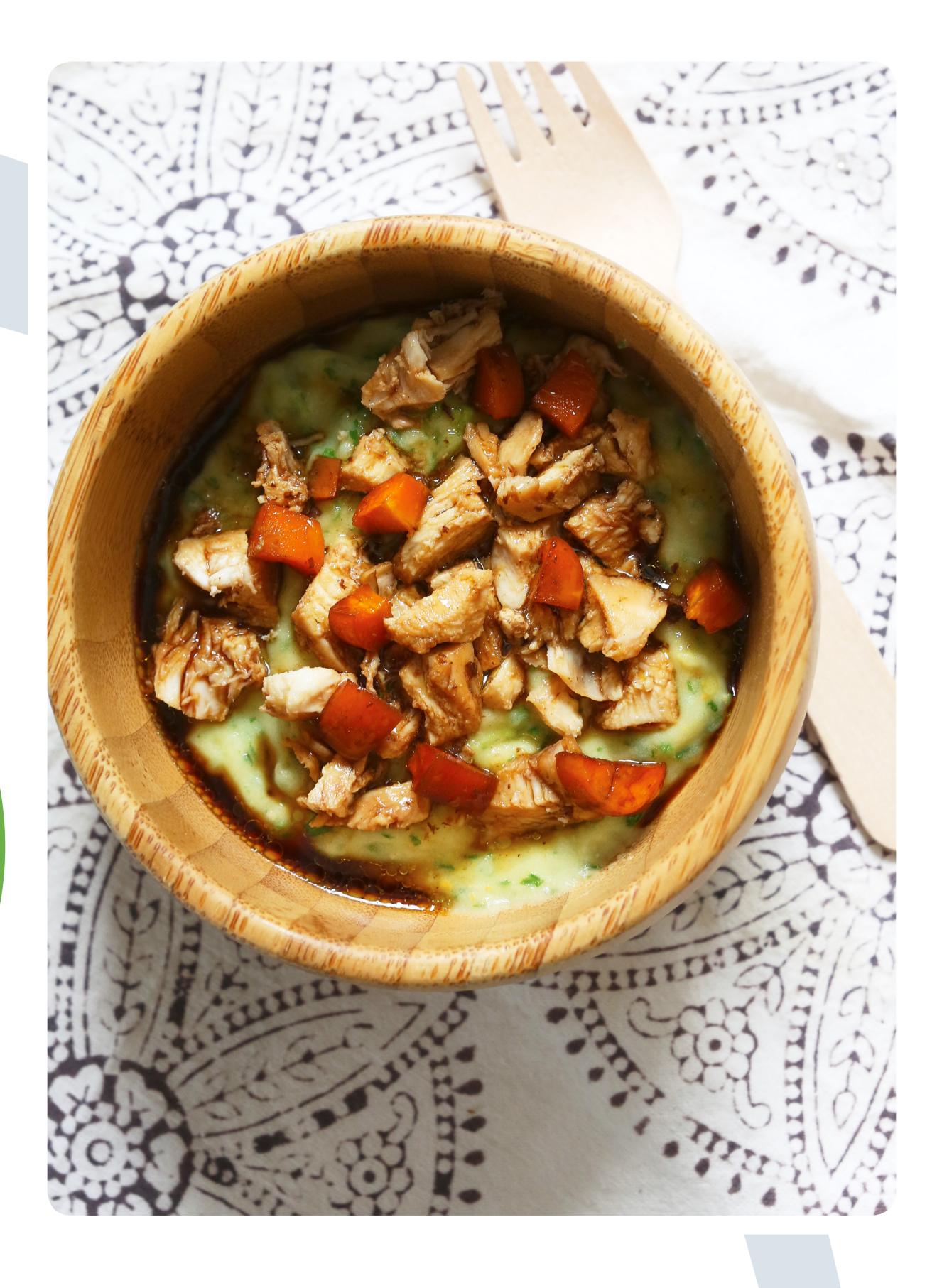
## Teriyaki Roast Chicken with Turmeric Mash

Messy weaning recipes with WaterWipes by Natasha Corrett, Mumsknowsbest.com



## 2 chicken breasts

2 tsp teriyaki sauce

2 tsp olive oil

3 medium white

potato

1/4 tsp fresh turmeric

(or ground)

1/4 cup milk

1/4 cup water

1 tsp stock powder

1 handful of spinach

2 carrots

This is a great dish for the whole family and for getting a good hearty meal into your little ones.
Fingers crossed for a good night's sleep! You can also use sweet potato if you don't have white potatoes.

## 1. Pre-heat oven to 180 degrees fan.

- 2. Dice the carrots into 1/2cm cubes (the smaller the better as will cook faster).
- 3. Put the chicken breasts and carrots into an oven proof dish and pour the teriyaki sauce and olive oil over the top.
- 4. Put into the oven for 20-25 minutes or until chicken is cooked through.
- 5. Meanwhile peel and chop the potatoes.
- 6.Bring a pan of water to the boil and boil the potatoes until very soft. This should take about 7-10 minutes.
- 7. Make the stock by putting the powder into the 1/4 cup water.
- 8. Strain and put into a food processor with the turmeric, milk, stock and spinach. Blend until smooth.
- 9. Serve with the chicken and carrots.

Serves a family of three