

Teriyaki Roast Chicken with Turmeric Mash

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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