



Chicken and leek hotpot

What you'll need

- 2 large leeks (200g), washed and sliced into 1cm slices
- 2 tablespoons vegetable oil
- 3 large carrots (300g), peeled and cubed
- 2–3 celery stalks (100g), washed and sliced
- 1 teaspoon garlic paste or 1 clove garlic, crushed
- 300g chicken breasts, cubed (use tinned beans or lentils for vegetarian alternative)
- 400g potatoes, washed and cubed
- 100g frozen green beans, chopped
- 500ml water
- 200g low-fat soft cheese

Allergies

- Gluten free
- Egg-free

Recipe makes 4 adult portions

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What to do

1. Heat the oil in a large pan. Add the leeks, carrots, celery and chicken and fry for 2 to 3 minutes.
2. Add the potatoes, green beans and water, bring to the boil and simmer for about 20 minutes until the vegetables and chicken are cooked.
3. Turn off the heat, stir in the soft cheese until evenly distributed and serve immediately. Serve with sliced bagels, or pitta breads, cut into fingers for babies.

For babies

If serving the meal to a baby, chop the meat and vegetables finely, and allow to cool before serving.

Leftovers

Cool within 1-2hrs, then store in an airtight container in fridge, or freeze. Use leftovers in fridge within 2 days. Defrost leftovers from freezer thoroughly before reheating. When reheating make sure food is piping hot all the way through. Only reheat once. Cool before serving to babies.

Adults, or teenagers
aged 12–18



5–11 year old



1–4 year old



7–12 month old

