

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

AROMATIC DAAL

Lentil Daal

Equipment:

Hand or jug blender • Spatula • Heavy bottomed pan • Sieve

Ingredients:

- ♥ 1 cup yellow lentils
- ♥ 5 cups of water
- ♥ **Dry spices:** 1tsp turmeric, 1tsp garam masala, 2tsp cumin seeds, 1-2tsp salt
- ♥ **Fresh ingredients:** 1 chopped onion, 0.5inch grated ginger, 3 finely chopped garlic cloves
- ♥ 150ml Compleat® paediatric
- ♥ 2 chopped tomatoes or 200g tinned tomatoes
- ♥ **Optional:** 2-3 green chilli's (as per spice tolerance), coriander (as a garnish)



Dietary information: Gluten-free, egg-free, nut-free. Allergens: Milk, fish.

*Warning: Turmeric may stain the syringe.

Prep: 15 mins | **Cook:** 30 mins | **Ready In:** 45 mins | **Serves:** 7 (adults)

Full portion: 300ml (5 x 60ml syringe) | **Difficulty:** Easy

Instructions:

- 1 Wash the lentils in cold water. Add 5 cups of water to the lentils and add the dry spices, along with the tomatoes, onions and ginger. Bring to a boil.
- 2 Turn the heat down to low, and allow it to simmer for 10-15 minutes, the lentils should now be cooked and combined well with the water.
- 3 In a separate pan, heat some oil and add the cumin seeds. When they crackle, add the garlic and garam masala, then add it to the daal.
- 4 Mix well and allow to simmer for 10-15 minutes. Add extra water if it looks too thick. Garnish with coriander if you wish.
- 5 Once the child's portion is cool, add 150ml Compleat® paediatric to 100ml daal, prior to blending**.



Watch
recipe video

These recipes should only be used following recommendation by your dietitian or healthcare professional. www.nestlehealthscience.co.uk



Preparations Tips:



Be mindful of free pouring oil, if you are concerned about the energy content, be sure to measure how much you are adding to the pan.



Wait until the recipe is cool prior to blending.



Always sieve after blending. This allows to remove any remaining bits of food that have not completely blended.



Suitable for home freezing - this meal can be frozen into portions or as a whole batch. It can also be enjoyed by the whole family.



The daal can be enjoyed as it is by the family, and the child's portion should be cooled prior to being blended. The recipe contains 7 adult portions of approx 150g. Dependent on the amount of water added, the recipe is 1,030g.



Compleat® paediatric should be stored in a cool dry place, and once opened, used within 24hrs. The feed can be stored in the refrigerator.

TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

A 1 tbsp butter

B 1 tbsp/20g Greek yoghurt (27kcal/112kj)

* It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcal/kj)	Protein (g)
Full Portion	300	5 x 60ml	281/1175	13
Half Portion	180	3 x 60ml	169/707	7.8
Third Portion	120	2 x 60ml	112/468	5.2

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.