

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

COMFORTING HOTPOT

Lamb Hotpot

Equipment:

Hand or jug blender • Spatula • Frying pan • Sieve • Ovenproof dish

Ingredients:

- ♥ 400g lamb – cubed
- ♥ 1kg prepared root vegetables (fresh or frozen) (e.g. carrots, parsnips, swede onion)
- ♥ 500g potato - sliced thinly (for batch cooking/freezing potato can be cubed)
- ♥ 2tsp mint jelly
- ♥ 3tbsp cooking oil + 4 tsp of butter / margarine
- ♥ 1tsp dried thyme, salt & pepper to season
- ♥ 25g plain flour
- ♥ 1 tbsp Worcestershire sauce
- ♥ 250mls stock
- ♥ 250ml Compleat® paediatric



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

Prep: 30 mins | **Cook:** 1 ½ - 2 h | **Ready In:** 3 ½ h | **Serves:** 4

Full portion: 480ml (8 x 60ml syringe) | **Difficulty:** Moderate

Instructions:

- 1 Heat the oven to 160°C / Gas Mark 3. In the meantime, put 2 tbsp of oil onto a large frying pan and allow it to heat up. Then, place the lamb on the pan, and cook for 3 mins before sealing the meat off with salt and pepper. Wait for the meat to turn brown before removing from the pan.
- 2 Add 1 tbsp of oil to the pan and allow it to heat up. Then, add the prepared vegetables and sweat until soft.
- 3 Slice potatoes thinly (we recommended you do not peel to increase the fibre content of this meal).
- 4 Add the lamb with flour to the softened vegetables (cubed potatoes can be added if the household will not be eating the dish). Add Worcestershire sauce, mint jelly, thyme and stock and bring to the boil.
- 5 Transfer the mixture to an ovenproof dish. Layer the top with the potatoes and add knobs of butter. Bake for 1 ½ - 2 hours (until the potatoes are browned and soft).
- 6 Allow the prepared food to cool down before blending. To achieve an appropriate consistency for blending, add 200-250mls of additional fluid per portion (we used a combination of gravy and Compleat® paediatric). Always sieve after blending*.



← Watch
recipe video

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



Preparations Tips:



When adding the Worcestershire sauce, mint jelly and thyme, you can involve the person receiving the blended diet. Encourage them to smell and taste (if safe), or feel the texture of the mint jelly.



Wait until the recipe is cool prior to blending.



Always sieve after blending. This allows the removal of any bits of food that have not completely blended.



This meal can be frozen without blending. Fully defrost and then blend when at room temperature. Only add gravy prior to freezing if you wish to freeze the meal blended.



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



* 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	480	8 x 60ml	951/3978	40
Half Portion	240	4 x 60ml	475/1987	20
Third Portion	160	2.7 x 60ml	317/1326	13.3

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