

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

FULL OF FLAVOUR MEAT STEW

Keema

Equipment:

Hand or jug blender • Spatula • Heavy bottomed pan

Ingredients:

Dry spices: 2tsp cumin seeds, 5tsp garam masala, 2tsp turmeric, 2tsp salt

Fresh ingredients:

2 chopped onions
200g tinned tomatoes
0.5 inch grated ginger
3 finely chopped garlic cloves
500g minced meat of choice (e.g. beef/ lamb)
200g frozen peas
2tbsp cooking oil
250ml **Compleat® paediatric**

Optional: 1-2 green chilli's (as per spice tolerance), coriander (as a garnish)



Allergens: Milk, fish.

Prep: 30 mins | **Cook:** 30 mins | **Ready In:** 1 hour

Serves: 5 (Adults) | **Full portion:** 300ml (5 x 60ml syringe) | **Difficulty:** Moderate

Instructions:

- Heat oil in a large pan. Add cumin seeds. As they start to crackle, add chopped onions, garlic, chillis and ginger. Fry until the mix becomes fragrant and onions brown.
- Add the mince and fry until it begins to brown, stirring to break any lumps. Add spices, frying for 1 minute, followed by tomatoes. Allow the mixture to simmer for 1 minute. If the mix starts to stick to the pan, add a dash of water. Cook the mix until the mince is cooked through (approx 15-30mins).
- Add the frozen peas and cook for a further 5 mins. Optional: garnish with coriander.
- This dish can be enjoyed by the whole family. Dependent on the amount of water used throughout cooking, this recipe yields a total of approximately 685g, however this will depend on the amount of water used whilst cooking.
- Wait until the recipe is cool prior to blending. Then add 250ml of **Compleat® paediatric** to 100g keema (and yoghurt if you want to increase the energy content) prior to blending.
- Always sieve after blending. This allows to remove any remaining bits of food that have not completely blended.



←
**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.



If the child is under 1, remove their portion prior to adding salt for the rest of the family.



Adding chilli is optional and dependent on the child's spice tolerance.



Frozen versions of ginger, chilli, garlic and onion can be used.



Wait until the recipe is cool prior to blending.



❄️ Suitable for home freezing if using fresh meat. If using plant-based alternatives, check the packaging for freezing instructions. This meal can be frozen into portions or as a whole batch. It can also be enjoyed by the whole family.



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)

TO LOWER THE ENERGY CONTENT, SWAP FOR:

A Lower-fat meat e.g. lean minced meat

B Plant based alternatives to meat

* 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	442/1849	20
Half Portion	180	3 x 60ml	221/924	10
Third Portion	120	2 x 60ml	147/615	7

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