



Goulash

What you'll need

- ✓ 1 1/2 tablespoons vegetable oil
- ✓ 1 small onion, peeled and diced
- ✓ 350g lean pork meat, diced (use tinned beans or lentils for vegetarian alternative)
- ✓ 1 green pepper, de-seeded and sliced
- ✓ 1 large potato, washed and diced
- ✓ 2 large (400g) cans chopped tomatoes
- ✓ 1 large (400g) can cannellini beans, drained and rinsed (250g drained weight)
- ✓ 1 tablespoon paprika powder (this can be left out if a less spicy taste is preferred)
- ✓ 1 teaspoon bouillon powder or reduced salt veg stock
- ✓ 1 teaspoon dried mixed herbs

Allergies

- ✓ Dairy free
- ✓ Egg-free
- ✓ Gluten free

Recipe makes 4 adult portions

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Goulash

What to do

1. Heat the vegetable oil in a large pan and fry the onion and pork until the meat is browned on all sides and the onion is starting to soften.
2. Add the green pepper and potato and fry for 1 or 2 minutes.
3. Add all the other ingredients, bring to the boil and then simmer for 15 to 20 minutes until all the ingredients are cooked. Serve with wholemeal bread, sliced into fingers for babies.

For babies

Don't add the bouillon powder or paprika powder until after you have taken out the baby's portion.

Chop the meat and veg 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

