

SOLE AND CARROT (BABY)



Preparation : 5 min - **Resting :** -- **Cooking :** 15 min - **Equipment :** Mill attachment

Ingredients : From 10 months onwards

- 30 g boneless sole fillet - 1 tsp lemon juice - 400 ml vegetable stock* - 150 g carrots - 1 small knob butter - 1 pinch of salt *(using half stock cube)

1. Peel and slice the carrot. Cook the carrots in the vegetable stock.
2. Add the sole and continue cooking for a further 3 minutes.
3. Place all the ingredients in the mill bowl with 2 tbsp of the cooking liquid. Close carefully.
4. Turn the selector to 1 and liquidise for 30 seconds or until the purée reaches a very smooth consistency.

Blender ■