

Very veggie fingers

Ingredients

- 1 medium sweet potato
- 1 large white potato
- 2 tbsp. sweetcorn
- 2 tbsp. peas
- 1 tbsp. parmesan or grana padano, grated
- Small bunch of chives or 1 spring onion, finely chopped
- 30g dried breadcrumbs

Method

1. Preheat the oven to 200C/ Fan 180C.
2. Stab the potatoes and place on a lined baking tray for 50 minutes to 1 hr 15.
3. Once baked, scoop out the flesh from the potatoes and allow to cool.
4. Stir through the peas, sweetcorn, parmesan and chives.
5. Divide into 12-14 portions.
6. Shape each piece into a ball, roll in the breadcrumbs and the roll between the hands too create a finger.
7. If serving straight away, bake in the oven for 12-15 minutes. If freezing, use greaseproof paper between each layer of fingers. Use within 2 months of freezing.

Serving options and adaptations:

- Add grated fresh beetroot for an earthier flavour and a beautiful pink colour! Squeeze out excess water after grating.
- Add grated carrot
- Add ½- 1tbsps. Tomato puree
- Use fresh basil instead of the chives or spring onion
- Use rice crispies, cornflakes or oats instead of breadcrumbs
- Add flaked cooked salmon for a great source of omega 3 (N.B fish can only be reheated once so ensure adding to cold ingredients).

Adaptations for adults:

- Add diced pieces of cooked chorizo or bacon after setting aside a portion off for baby and shape as per instructions above.
- Add an extra couple of tablespoons of parmesan to the breadcrumbs for extra cheesy fingers!