

CHICKEN WITH BULGAR WHEAT (BABY)



Preparation : 10 min - **Resting :** - - **Cooking :** 10 min - **Equipment :** Mill attachment

Ingredients : From 10 months onwards

- 20 g chicken breast - 50 g frozen spinach - 3 tbsp formula milk - 20 g bulgar wheat - 1 tsp grated parmesan

1. Cook the bulgar wheat with the spinach for 10 minutes in boiling water. Drain and allow to cool slightly.
2. Cook the chicken in a frying pan, transfer to the mill bowl and close carefully. Press the pulse button a few times and set aside.
3. Place the bulgar wheat, spinach, parmesan and milk in the mill bowl. Turn the selector to 1 and blend for approximately 30 seconds to obtain a smooth texture. Serve the minced chicken with the spinach purée.

Blender ■