



BOSCH
Invented for life



Chicken, Carrots and Spinach Porridge Puree

Overview

Difficulty: Medium

Servings: 1-2

Preparation: Time 20 mins

Cooking Time: 30 mins

Ingredients

- 1 bowl of cooked rice
- 1 cup of fresh chicken stock
- 1 carrot, sliced
- 2 pieces of chicken fillet, cut into small pieces
- 1 onion, chopped
- 50g spinach
- 2 teaspoons of light soy sauce

Methods

1. For the porridge, place the cooked rice, chicken stock and carrots into a pot and boil until soft.
2. Add in the chicken, onions and spinach and cook thoroughly. Next, add in the soy sauce to flavor and give it a good stir.
3. Once the chicken and carrots are cooked well, use the Bosch hand blender and blend into a smooth puree. Stir again to mix well.
4. Re-heat the porridge puree and transfer to a bowl. Garnish with some diced cooked carrots and chicken before serving.

Product Used

Versatile and convenient kitchen assistant

Hand blenders are not only compact, simple to use and easy to clean, but also come with multiple accessories for chopping and blending – making them great for quick and convenient food preparation.

