

羊肉胡萝卜土豆小馍夹

Toddler lamb carrot potato mini mo sandwich. Soft, fully cooked, small pieces, no added salt.

15
PREP MINS

70
COOK MINS

1+
TODDLER +
ADULTS

0
ADDED SALT

INGREDIENTS 食材



羊肉
lamb
煮熟煮软, 切小

胡萝卜
carrot
切薄或煮软

土豆
potato
小块, 软烂

小馍或馒头
mini mo or mantou
小块, 软烂

番茄
tomato
小块, 软烂



宝宝重点

肉类煮软切小, 确认没有硬筋。

Why it works

羊肉胡萝卜土豆小馍夹: 蛋白和铁支持正餐, 蔬菜增加颜色和口感, 宝宝份保持软、小、淡。

protein + vegetables; soft, small, mild.

Parent plate

大人份可加孜然和盐; 宝宝份不放辣椒和重孜然。

Season adult plates after serving the toddler portion.

Timing

18:00 晚餐; 21:00 睡觉。
刷牙后只给水。

Dinner before 21:00 sleep. No bedtime milk habit.

STEPS

按图做: 备料、煮熟、调软、装盘。Every step keeps the texture toddler-safe.

1 炖肉 STEW



羊肉焯水后和番茄、胡萝卜、土豆小火炖到软烂。

Blanch lamb, then stew with tomato, carrot, and potato until very soft.

2 蒸馍 STEAM



小馍或馒头蒸软, 掰开或剪成宝宝容易咬的小块。

Steam mini mo or mantou until soft; split into toddler-sized pieces.

3 夹馅 FILL



羊肉剪碎, 夹少量土豆胡萝卜泥; 也可以拆开放盘吃。

Mince lamb small and add a little potato-carrot mash; serve deconstructed if easier.

4 剪小 CUT



确认馍软、肉无硬筋, 入口块不超过约 1.2 cm。

Check bread is soft, lamb has no tough bits, and pieces stay under about 1.2 cm.

EXTRA TIPS

肉类煮软切小, 确认没有硬筋。

馍要软, 夹馅少而湿润; 羊肉无硬筋, 所有入口块不超过约 1.2 cm。

大人份可加孜然和盐; 宝宝份不放辣椒和重孜然。

刷牙后只给水, 避免睡前奶习惯。