

周日晚餐 · Sunday Dinner

# 牛肉西兰花小肉饼配小粒意面

Beef broccoli mini patties with orzo. Soft, fully cooked, small pieces, no added salt.

10  
PREP MINS

12  
COOK MINS

1+  
TODDLER +  
ADULTS

0  
ADDED SALT

## INGREDIENTS 食材



瘦牛绞肉  
lean ground beef  
煮熟煮软，切小

西兰花  
broccoli  
蒸软，梗切碎

鸡蛋  
egg  
少量蛋液拌入

小粒意面  
orzo  
保持湿润柔软

番茄  
tomato  
小块，软烂



### 宝宝重点

鸡蛋熟透切小，饼保持柔软不硬。

### Why it works

牛肉西兰花小肉饼配小粒意面：软主食供能，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。

soft staple + protein + vegetables; soft, small, mild.

### Parent plate

大人可加番茄酱、盐和黑胡椒；宝宝份不用商业高盐酱。

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 拌馅 PREP



西兰花蒸软切碎，和牛肉、少量蛋液拌成湿润小饼。

Steam broccoli soft, chop fine, then mix with beef and a little egg.

### 2 煎焖 COOK



小火煎上色后加少量水，盖上焖到全熟。

Brown gently, add a splash of water, cover, and cook through.

### 3 煮面 ORZO



小粒意面煮软，拌番茄碎成湿润酱。

Cook orzo very soft; mix with chopped tomato into a moist sauce.

### 4 切小 CHECK



肉饼切开确认无粉红色，再切小丁给宝宝。

Check there is no pink inside, then cut into tiny toddler pieces.

## EXTRA TIPS

鸡蛋熟透切小，饼保持柔软不硬。

小肉饼湿润不硬，切成小丁。

大人可加番茄酱、盐和黑胡椒；宝宝份不用商业高盐酱。

刷牙后只给水，避免睡前奶习惯。