

周二晚餐 · Tuesday Dinner

猪肉白菜小馄饨或面片汤

Pork napa mini wonton or noodle-sheet soup. Soft, fully cooked, small pieces, no added salt.

18
PREP MINS

25
COOK MINS

1+
TODDLER +
ADULTS

0
ADDED SALT

INGREDIENTS 食材



猪肉末
minced pork
煮熟煮软，切小

大白菜
napa cabbage
蒸软，梗切碎

馄饨皮
wonton wrappers
小块，软烂

胡萝卜
carrot
切薄或煮软

无盐高汤
unsalted broth
小块，软烂



宝宝重点

肉类煮软切小，确认没有硬筋。

Why it works

猪肉白菜小馄饨或面片汤：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

大人馅或汤底可另调味；不要让宝宝喝咸汤。

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 备料 PREP



白菜焯水挤干切碎，和猪肉末、胡萝卜碎混合。

Keep pieces small and texture soft.

2 加热 COOK



宝宝馅不加盐，包成小馄饨；也可把皮剪成面片。

Serve warm, not hot.

3 调软 SOFTEN



汤煮开后下馄饨，煮到肉馅全熟。

Serve warm, not hot.

4 装盘 SERVE



馄饨出锅后剪开降温再给。

Serve warm, not hot.

EXTRA TIPS

肉类煮软切小，确认没有硬筋。

馄饨小，皮软，肉馅熟透。

大人馅或汤底可另调味；不要让宝宝喝咸汤。

刷牙后只给水，避免睡前奶习惯。