

# 鸡肉甜椒西葫芦软煎小饼

Chicken bell pepper zucchini soft pan-fried cakes. Soft, fully cooked, small pieces, no added salt.

10  
PREP MINS

12  
COOK MINS

1+  
TODDLER +  
ADULTS

0  
ADDED SALT

## INGREDIENTS 食材



鸡腿肉  
chicken thigh  
煮熟煮软, 切小

甜椒  
bell pepper  
小块, 软烂

西葫芦  
zucchini  
小块, 软烂

鸡蛋  
egg  
熟透, 切小块

面粉  
flour  
保持湿润柔软



### 宝宝重点

鸡蛋熟透切小, 饼保持柔软不硬。

### Why it works

鸡肉甜椒西葫芦软煎小饼: 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

大人份可再加酱油或辣椒; 宝宝份靠甜椒甜味。

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 切碎 PREP



鸡腿肉先熟透并切碎; 甜椒切小丁, 西葫芦擦丝后炒软。

Cook chicken through and mince; dice pepper small and soften grated zucchini.

### 2 拌糊 MIX



鸡肉、蔬菜、鸡蛋和少量面粉拌成湿糊。

Mix chicken, vegetables, egg, and a little flour into a moist batter.

### 3 煎焖 COOK



小火煎到定型, 加少量水盖盖焖软, 不煎硬边。

Pan-fry gently, add a little water, cover-steam soft, and avoid hard edges.

### 4 剪条 CUT



剪成软条或小块, 确认鸡肉不硬、甜椒皮很小。

Cut into soft strips or pieces; check chicken is tender and pepper skin is tiny.

## EXTRA TIPS

鸡蛋熟透切小, 饼保持柔软不硬。

小饼湿润不硬边, 鸡肉和甜椒都切小, 不能煎成脆饼。

大人份可再加酱油或辣椒; 宝宝份靠甜椒甜味。

刷牙后只给水, 避免睡前奶习惯。