

羊肉南瓜胡萝卜软麻食

Xi'an-style lamb squash carrot soft ma shi. Soft, fully cooked, small pieces, no added salt.

15
PREP MINS

60
COOK MINS

1+
TODDLER +
ADULTS

0
ADDED SALT

INGREDIENTS 食材



羊肉
lamb
煮熟煮软, 切小

南瓜
squash
小块, 软烂

胡萝卜
carrot
切薄或煮软

小麻食
ma shi pasta
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

羊肉南瓜胡萝卜软麻食: 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

大人份可另加孜然、盐和辣椒。

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



羊肉焯水后加番茄小火炖软, 去掉硬筋。

Blanch lamb, stew with tomato until soft, and remove tough bits.

2 煮麻食 PASTA



南瓜和胡萝卜炖到能压碎; 小麻食煮到很软。

Cook squash and carrot until mashable; boil ma shi until very soft.

3 拌汤汁 MIX



羊肉剪碎, 和南瓜胡萝卜汤汁、软麻食拌匀。

Mince lamb and mix with squash-carrot sauce and soft ma shi.

4 查大小 CHECK



麻食接近豌豆大小或更小, 温热不烫再给。

Keep ma shi pea-sized or smaller and serve warm, not hot.

EXTRA TIPS

肉类煮软切小, 确认没有硬筋。

麻食软而不硬芯, 大小接近豌豆或更小; 羊肉无硬筋。

大人份可另加孜然、盐和辣椒。

刷牙后只给水, 避免睡前奶习惯。