

番茄菠菜豆腐鸡蛋小蒸包

Tomato spinach tofu egg mini steamed buns. Soft, fully cooked, small pieces, no added salt.

10
PREP MINS

12
COOK MINS

1+
TODDLER +
ADULTS

0
ADDED SALT

INGREDIENTS 食材



豆腐
tofu
小块, 软烂

鸡蛋
egg
熟透, 切小块

番茄
tomato
小块, 软烂

菠菜
spinach
蒸软, 梗切碎

小包子皮
mini bun dough
小块, 软烂



宝宝重点

鸡蛋熟透切小, 不给大块蛋白。

Why it works

番茄菠菜豆腐鸡蛋小蒸包: 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

大人碗里可加盐、酱油或辣椒油。

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 FILL



番茄收汁, 菠菜焯水切碎, 豆腐压碎, 鸡蛋炒嫩后拌成软馅。

Reduce tomato, chop blanched spinach, mash tofu, and mix with soft egg.

2 包好 WRAP



包成迷你小蒸包, 馅不要太满, 避免流烫汁。

Wrap mini steamed buns without overfilling so hot liquid does not leak.

3 蒸软 STEAM



蒸到包子皮软透, 宝宝份不加盐。

Steam until the bun skin is soft all the way through; no added salt.

4 剪开 CUT



剪开散热, 再剪成小块给宝宝。

Cut open to release heat, then cut into toddler-sized bites.

EXTRA TIPS

鸡蛋熟透切小, 不给大块蛋白。

包子皮软, 内馅不烫不流汁; 菠菜无长丝, 剪成小块。

大人碗里可加盐、酱油或辣椒油。

刷牙后只给水, 避免睡前奶习惯。