

New dish of the month!

sweet & sour veggies



BANG IN SOME BEANS

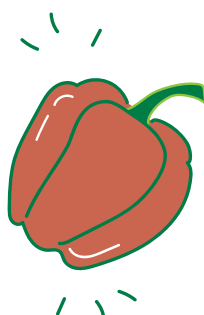


Why do we love this?

Inspired by sweet and sour flavours, this colourful dish uses the natural sweetness of vegetables and juicy pineapple, with no added ketchup or honey. Packed with peppers, carrots, baby corn, chickpeas and spring onions in a gently tangy tomato sauce, it's a bright, tasty meal served with rice or noodles.



With its soft vegetables, gentle seasoning, and vibrant mix of nutrient-rich plant foods, this dish is best served with white or brown rice for a balanced plant-based option little ones will love.



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nutrition, cooking & serving guide



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COOKING

Pierce lid and reheat at 180°C until core temperature has reached 83°C. Once hot enough, remove lid completely.

SERVING

Rice or noodles.

SAFETY

We recommend using a baking tray to move the meals in and out of the oven.

NUTRITION

In line with our nutrition values, this dish contains no added sugar but, instead, the gentle sweetness comes naturally from pineapple, peppers, and carrot, balanced with tangy lime and a hint of ginger for a child-friendly sweet and sour flavour.

Chickpeas add iron-rich plant protein, while vegetables like peppers, baby corn, spring onions, and carrots provide fibre and essential vitamins. The tomato passata base brings extra antioxidants, helping support overall wellbeing.



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BEANS**

Recipe

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For a family of 4

Inspired by the familiar flavours of sweet and sour, this colourful dish is made without added ketchup or honey, letting the natural sweetness of the vegetables and juicy pineapple shine through. Packed with peppers, carrots, baby corn, chickpeas and spring onions in a gently sweet and tangy tomato sauce, it's a bright, tasty meal that little ones love. Delicious served with rice or noodles!

Ingredients

a glug of oil

1 large red onion - diced

1 carrot - diced

1 tin of chickpeas - drained

2 big thumbs of ginger - finely chopped

pinch of chilli flakes

400g of passata

400ml of water

100ml of pineapple juice

100g of fresh, tinned (in juice not syrup!) or frozen pineapple, chopped to a suitable size for your child

2 large red/yellow peppers - diced

6 pieces of baby corn, chopped to a suitable size for your child

1 lime - juiced

3 spring onions - chopped

3 cloves of garlic - finely chopped

Method

Add cooking oil to a wide based pan on a medium heat.

Add onions and cook until they are golden and caramelised.

Add carrots, chickpeas, garlic, ginger and chilli flakes and stir well to coat everything.

Add passata, water, pineapple juice and pineapple and stir well to incorporate.

Allow to simmer gently for about half an hour.

Add pepper and corn and mix well.

Allow to simmer gently for 10 minutes until the corn and pepper is cooked.

To finish, add your squeeze of lime juice and chopped spring onion.

Serve with rice or noodles and enjoy!



E: hello@nurserykitchen.co.uk

T: 01245 808080

 [nurserykitchen.co.uk](https://www.instagram.com/nurserykitchen.co.uk)

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 12/01/2026. As we are continuously improving our recipes, it is essential to check the label on the dish packaging.