Mini Chicken Pizza

with Steamed Broccoli

A tasty, dairy-free and egg-free lunch that's perfect for little hands. Soft oat flour bases topped with a simple tomato sauce, shredded chicken and sweetcorn, served with steamed broccoli.



MAKES
6 TODDLER PORTIONS
(250 ml each)

PREPARATION
30 minutes

COOKING TIME
25 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients



- **200 g** oat flour
- **250 g** plain unsweetened cultured coconut yoghurt
- **200 g** chicken breast fillet (cooked and finely shredded)
- **150 ml** tomato purée or smooth passata
- **100 g** frozen sweetcorn (cooked until soft)
- **300 g** broccoli (fresh or frozen)
- **2 tbsp** olive oil
- **1 tsp** dried mixed herbs (optional)

Method



1. Mix the oat flour, coconut yoghurt, olive oil and a pinch of salt. Leave to rest for 10–15 minutes.



2. Divide into six small bases (about 10–12 cm wide) and spread onto baking paper.



3. **Prebake at 200°C for 15–18 minutes, until firm** and lightly golden. Flip and bake for another 3–5 minutes if needed.



4. Add tomato sauce, shredded chicken and sweetcorn.



5. **Bake at 200°C for 8–12 minutes until cooked through.**



6. Steam the broccoli until tender. Cut into **age-appropriate pieces.**



7. Allow to cool, then pack six individual meals (one pizza and steamed broccoli).



8. Freeze all six portions. Use within 2 months. Reheat thoroughly to 74°C before serving.

Top tips

- Keep the bases thin for a nice texture.
- Use smooth tomato purée to keep it simple for little eaters.
- Cut broccoli into small, soft pieces for younger children.
- Avoid adding green vegetables on top of the if your toddlers prefer plain toppings.
- Check all ingredients are dairy-free and egg-free.
- For Miss Lion, use clean equipment and prevent cross-contact with allergens.

Serving guide

~150 ml	~100 ml
Mini chicken pizza	Steamed broccoli

Total: ~250 ml per child