

MAINS

PUMPKIN AND SALMON RICE PORRIDGE

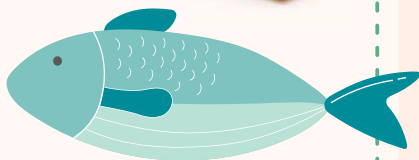
6-9 MONTHS

INGREDIENTS *(Makes 1 baby portion)*

- 3 tbsp of pumpkin, skin and seeds removed, cut into 1cm cubes
- 2 tbsp finely-flaked salmon
- 1½ bowl thin porridge

METHOD:

- Steam pumpkin cubes for 10 – 15 minutes until soft. Mash pumpkin and fish together using a fork. Set aside.
- Bring porridge to a boil. Stir in mashed fish and pumpkin. Lower to medium heat.
- Cook for another 2 minutes and serve.



COOKING TIP

Instead of pumpkin, you can use any melon-type or root vegetables such as winter melon, palm melon, sweet potatoes, carrots, etc.

