MAINS

PAN-FRIED SALMON WITH BROCCOLI
AND SHELL PASTA IN PUMPKIN SAUCE

INGREDIENTS (Makes 2 toddlers portions)
• ½ bowl pumpkin (skin and seeds removed, cut into pieces)
• 3 broccoli florets
• 3 slices salmon (about 3 tbsp)
• ½ bowl water, 1 tsp corn starch
• ½ to 1 bowl cooked shell/spiral pasta

METHOD
• Steam pumpkin pieces and broccoli florets until soft. Chop broccoli into 1cm cubes. Mash pumpkin and set aside.
• Heat oil in a pan and pan-fry salmon until golden on both sides. Break the fish into pieces with a spoon.
• To make pumpkin sauce:
  (a) Cook mashed pumpkin with some water.
  (b) In a bowl, combine corn starch with ½ bowl of water and mix well.
  (c) Add corn starch mixture to mashed pumpkin to create a thick sauce. Cook until thickened and set aside. Keep stirring so that the sauce does not clump together.
• Put cooked pasta in a bowl. Add salmon pieces and broccoli. Next, pour pumpkin sauce and serve.
• You may also add a few drops of lemon juice to reduce the fishy taste.

HEALTHY EATING TIPS
Increase your toddler’s vegetable intake using sauce or soup with mashed vegetables. Instead of pumpkin, you can also use avocado, spinach, tomato or green peas to make the pasta sauce.

COOKING TIPS
Instead of pan-frying, you can either steam or bake the fish in the oven.
You can also use other fish such as ikan kurau, thread-fin or cod. Additional seasoning like turmeric can be added.

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