

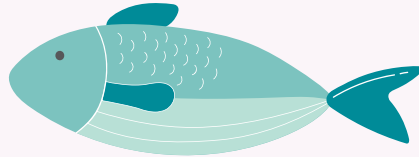
MAINS

PUMPKIN AND IKAN KURAU (FISH) RICE PORRIDGE

6-9 MONTHS

INGREDIENTS *(Makes 1 baby portion)*

- 3 tablespoons of pumpkin (skin and seeds removed, cut into 1cm cubes)
- 2 tablespoons 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.

