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.

A bright future starts with the right nutrition. Watch the video and discover more recipes at healthhub.sg/earlynutrition