MAINS

PUMPKIN AND SALMON RICE PORRIDGE

6 – 9 MONTHS

INGREDIENTS (Makes 2 baby portions)
• 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. You may also substitute salmon with other fishes such as ikan kurau, and add minced vegetables such as daun ubi.

Give Baby the right nutrition at every growth stage. See more recipes at healthhub.sg/earlynutrition