

# ♥ Super Salmon Dinner ♥

Stock up on your omega 3 fatty acids with this salmon dish!



**Time:** 30mins

**Level:** Intermediate

**Serves:** 1

## Ingredients:

- ♥ 125mL of Compleat® paediatric
- ♥ 30g salmon fillet (cooked, skin removed)
- ♥ 4-5 fresh broccoli florets (cooked and chopped)
- ♥ 1tsp lemon juice
- ♥ 2tsp fresh dill, chopped (optional)
- ♥ 2tsp olive oil

## Nutritional Content Per Serving:

234kcal, 13.9g protein, 11g fat,  
19.2g carbohydrate, 2.4mg iron, 178mg calcium





**Allergens:** milk (milk protein), fish (fish oil)



## Instructions

- 1 Place the de-boned salmon fillet on a baking tray and drizzle with 2tsp of olive oil.
- 2 Bake in the oven for 8-10 minutes at 170°C.
- 3 Once cooked, check again for any bones and remove. Allow to cool slightly.
- 4 Place the broccoli florets into boiling water and cook for approximately 3 minutes, until slightly firm. Allow to cool slightly.
- 5 Add all ingredients to the blender and blend for 3-4 minutes until completely smooth.

## Preparation Tips:

-  A high-speed blender is recommended to ensure the mixture is completely smooth.
-  Stir the mixture thoroughly before administering the feed.
-  Fresh herbs are optional. Ensure they are chopped well and added last.
-  Follow food hygiene and safety guidelines during the preparation of this recipe.

Compleat® paediatric recipes are not suitable for freezing. This recipe is suitable for one feed and any unused liquid should be thrown away. Any remaining feed in the Smart Flex bottle can be kept in the fridge and used within 24 hours.



**These recipes should only be used following recommendation by your dietitian or healthcare professional.**

[www.nestlehealthscience.co.uk/compleat-paediatric-recipes](http://www.nestlehealthscience.co.uk/compleat-paediatric-recipes)

