

SCRUMPTIOUS SALAD

Tinned salmon, cannellini beans and beetroot salad

Equipment:

Hand or jug blender • Spatula • Sieve



Dietary information: Egg, nut and wheat. **Allergens:** Milk and fish.

Ingredients:

- ♥ 120g salmon, tinned, drained (whole tin with bones/skin)
- ♥ 100g cannellini beans, tinned, drained (approx half 400g tin)
- ♥ 100g cooked beetroot
- ♥ 200ml Complete® paediatric
- ♥ 1tbsp olive oil
- ♥ **Optional:** small handful (3-4g) fresh parsley



Prep: 10 mins | **Cook:** Nil | **Ready In:** 10 mins | **Serves:** 1

Full portion: 420ml (7 x 60ml syringe) | **Difficulty:** Easy

Instructions:

- 1** Assemble all ingredients.
- 2** Add 200ml Complete® paediatric and blend for 3 - 5 minutes to achieve a pancake batter consistency and texture*.
- 3** Sieve the mixture after blending.



← **Watch recipe video**

These recipes should only be used following recommendation by your dietitian or healthcare professional. www.nestlehealthscience.co.uk



Preparations Tips:



Always sieve the mixture after blending. This will ensure that there are no ingredients partially blended.



This meal is suitable for home freezing. To be consumed within 24hrs of defrosting and one month after freezing.



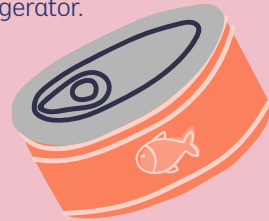
This recipe can be blended without any additional water or fluid.

Compleat® paediatric should be stored in a cool dry place, and once opened, used within 24hrs. The feed can be stored in the refrigerator.

TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

A Add 1tbsp (18ml) of olive oil (162kcal /677kj)

B Use tinned salmon in oil



* It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcal/kj)	Protein (g)
Full Portion	420	7 x 60ml	652/2727	43
Half Portion	210	3.5 x 60ml	326/1363	21.5
Third Portion	150	2.5 x 60ml	217/907	13.6

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.