We are ready......

**Salmon and broccoli pasta**

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**Suggested portion**

**Size for recipe**

1–2 years – 180g

3–4 years – 210g

**Ingredients – Serves 5**

**Salmon, fresh or canned** 1 x 212g can, or 200g fresh

**Onion, peeled** 30g (½ small)

**Broccoli** 75g

**Pasta, dried shapes** 210g

**Soft margarine** 15g

**Plain flour** 15g

**Whole milk** 300ml

**Full fat cheddar cheese** 30g

**Parsley, dried** ¼ teaspoon

**Method**

1. Either cook the fresh salmon or prepare the canned salmon by removing all bones and skin. Finely chop the onion and cut the broccoli into small florets.

2. Boil the pasta according to the instructions on the packet then drain.

3. Cook the broccoli and onion in boiling water until just tender, for approximately 10 minutes.

4. Make the cheese sauce: heat the margarine in a saucepan and stir in the flour.

Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens. Add the grated cheese and stir until melted.

5. Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.