

We are ready.....

Salmon and broccoli pasta



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 ($\frac{1}{2}$ small)
Broccoli	75g
Pasta, dried shapes	210g
Soft margarine	15g
Plain flour	15g
Whole milk	300ml
Full fat cheddar cheese	30g
Parsley, dried	$\frac{1}{4}$ 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.