

# April

## SALMON WITH SPRING ONIONS AND CARRTOS

Dive into April with a Fish and Veggie Feast

### Salmon with Spring Onion Mash and Carrots



April showers bring an abundance of vegetables such as spring onions and carrots. Both are rich fibre, vitamins, minerals, and antioxidants to keep body cells healthy. Carrots are rich source of Vitamin A needed for vision.

#### RECIPE INGREDIENTS

##### Serves 4

- 5 large Potatoes (1kg)
- 4 tablespoon Milk (blue or green carton) (60ml)
- 6 Spring Onions (60g)
- 6 Medium Carrots (300g)
- 1 tsp Vegetable oil (Rapeseed or Olive) (4g)
- 4 Salmon fillets (560g)
- 2 tsp Dried Parsley
- Pinch Ground Black Pepper

#### COOKING INSTRUCTION AND NOTES



1. Peel potatoes and cut into chunks and boil for 20 minutes and mash with milk.
2. Chop spring onions finely and add to the mash.
3. Chop the carrots and boil or steam until soft.
4. Heat the oil in a nonstick pan and add the salmon fillets skin side down. Cook on high heat for 2-3 minutes, then turn them over and cook for a further 3-4 minutes, until cooked through.
5. Serve the salmon sprinkled with parsley and black pepper, alongside the mash and carrots.

**For children under 1 year of age:** For infants requiring pureed texture, puree the salmon and carrots and omit the spring onion out of the mash. For infants requiring mashed texture, fork mash the salmon and cooked carrots. Look out for fish that is already deboned or ensure all bones are removed.

**Serving Suggestions:** Substitute carrots for broccoli or courgettes. Chives can be added to mash instead of spring onions.

**Tips:** Frozen salmon can be used. Substitute salmon for white fish such as coley. Sweet potatoes can be used instead of white potatoes.

**Food Labelling and Allergen Information**

EU Label values per 100g		PER 100G		%RI		PER 455G SERVING		%RI		Serves
Energy(kJ)	<b>431</b> kJ	5%	<b>1962</b> kJ	23%						<b>4</b> CONTAINS:  MILK  FISH
Energy(kcal)	<b>103</b> kcal	5%	<b>467</b> kcal	23%						
Fat	<b>3.8</b> g	5%	<b>17</b> g	24%						
<i>of which saturates</i>	<b>0.7</b> g	4%	<b>3.4</b> g	17%						
Carbohydrate	<b>10</b> g	4%	<b>45</b> g	17%						
<i>of which sugars</i>	<b>1.6</b> g	2%	<b>7.1</b> g	8%						
Fibre	<b>1.4</b> g	6%	<b>6.5</b> g	26%						
Protein	<b>6.5</b> g	13%	<b>29</b> g	58%						
Salt	<b>0.04</b> g	1%	<b>0.19</b> g	3%						