

Salmon Pumpkin Puree



This easy salmon pumpkin puree for baby combines tender salmon with naturally sweet and creamy pumpkin for a simple homemade baby meal. Once steamed until soft, both ingredients can be blended together into a smooth texture that's easy to adjust as your baby progresses with solids.

Suitable for	: 6 months+
Prep Time	: 105 minutes
Cook Time	: 15-20 minutes
Servings	: 1-2 baby portions

INGREDIENTS

- 30g fresh salmon
- ½ cup pumpkin, peeled and cut into small pieces
- 2–4 tbsp warm water, as needed

HOW TO

1. Prepare the ingredients

- Remove the pumpkin skin and seeds, then wash and cut the pumpkin into small pieces. Check the salmon carefully and remove the skin and any bones before cooking.

2. Steam until fully cooked

- Steam the pumpkin and salmon for around 15–20 minutes, or until the pumpkin is completely soft and the salmon is thoroughly cooked and flakes easily. After cooking, flake the salmon apart and check carefully for any remaining bones before blending.

3. Blend until smooth

- Transfer the cooked salmon and pumpkin into a baby food blender. Add warm water gradually and blend until you reach your baby's preferred consistency.

4. Serve warm

- Transfer the salmon pumpkin puree for baby into a clean baby bowl and allow it to cool to a suitable temperature before serving. There's no need to add salt or other seasoning.