

Tomato Salmon Three Veg Pasta Sauce

Messy weaning recipes with WaterWipes
by Natasha Corrett, Mumsknowsbest.com



1 tbsp olive oil
1 clove garlic
1 tin chopped tomatoes
1/2 courgette, grated
4 chestnut mushrooms, diced
1 handful spinach, diced
1 tbsp tomato puree
2 salmon fillets (240g)
1 tbsp tahini
Serve with pasta

One of the ways I ensured my baby got lots of great ingredients in his diet during our weaning process was pasta sauces. Kids love pasta so it's easy to pimp up the sauces with loads of veg and great sources of protein. If you are in the early stages of weaning and doing purees only, you can still make this for the whole family, just blend up the sauce at the end for the baby. It also freezes really well.

1. Grate the garlic and add to the pan with the olive oil and cook on a medium heat for 1-2 minutes. Add the tin of chopped tomatoes, grated courgette, diced mushrooms and tomato puree. Cook on a medium to high heat for 3-4 minutes.
2. De-skin the salmon fillets and chop into small 1cm cubed chunks.
3. Add to the sauce with the spinach. Stir in so all is combined and cook for a further 4-5 minutes.
4. Add the tahini and serve over pasta.

Serves a family of 3 - 4