

Courgette & Salmon with Yoghurt



Serves 2

Prep 25 mins

Cooking 25 mins

Easy

Ingredients

- 2 Courgettes, or 6 baby courgettes, roughly chopped
- 2 Medium sized potatoes, peeled and roughly chopped
- 2 Salmon fillets, skin removed
- 1 veg stock cube, with 400ml boiling water
- 4 tablespoons full fat yoghurt
- 2 teaspoon olive oil
- 2 tablespoons parsley, chives or dill

1. Put the chopped vegetables into a saucepan, then place the salmon over the vegetables followed by the crumbled stock cube and boiling water.
2. Bring to the boil, reduce heat, cover and simmer for 15 minutes
3. Lift the salmon and vegetables out of the pan. Thicken the cooking liquid with a tablespoon of corn starch, if you like and serve with the yoghurt and the herbs.
4. **For babies**, halve the quantities. To serve, you can lift the salmon out of the pan, setting aside the vegetables and cooking liquid and break it into pieces with a fork, checking carefully for any bones.
5. **For babies of 6 months and over** you can place the vegetables, fish, half the cooking liquid, olive oil, yoghurt and parsley or dill into a bowl and puree with a hand blender until smooth, adding any extra cooking liquid if needed to make a smooth puree.