**Salmon with Broccoli and Tomatoes: 6-9 months +**

**Ingredients**

• 150g /5oz broccoli  
• 150g/5oz salmon fillet  
• 30g/1oz unsalted butter  
• 1 dessert spoon rapeseed oil (vegetable or mild olive oil can also be used)  
• Half a can of tomatoes, chopped (200g/6.5oz)  
• 40g/1.5oz cheddar cheese

**Method**

1. Preheat oven to 200 0C or gas mark 6  
2. Place the salmon in an oven proof dish with the butter. Cover with tin foil and bake for 25 minutes  
3. Meanwhile, steam the broccoli for 15 to 20 minutes or until soft  
4. Heat the oil in a pan, add the chopped broccoli and tomatoes and simmer until mushy  
5. Remove the salmon from the oven. Flake the fish taking care to remove all bones and skin. Add the salmon to the tomatoes  
6. Serve warm

**Makes 4 portions.**

We hope you enjoyed our World Breastfeeding Week insights. Click [**here**](http://blog.concern.net/rain-project-empowering-communities-to-tackle-malnutrition) to learn more about the importance of good nutrition in the first 1000 days of a child’s life.