

**SERVES: 2 LITTLE ONES AND 2 ADULTS**

## WHAT YOU'LL NEED

Stage 2 Babease Keralan Vegetable Curry Pouch  
200g salmon fillet, diced (check for bones)  
150ml no salt stock  
100g peas  
2 frozen spinach balls  
2 small potatoes, cut into batons  
1 broccoli, florets and stalk finely diced  
1 carrot, cut into little batons  
1 stick of celery, diced  
1 onion, diced  
1 bay leaf  
1 tbsp plain flour  
1 tsp paprika  
1 tsp parsley  
1 tsp creme fraiche  
1 knob unsalted butter



## METHOD

Put the butter into a pan with the frozen spinach, celery, onion, carrot and broccoli. Sweat, then add the paprika, flour and pouch. Stir and add the potatoes, bay leaf and stock

Simmer gently for 10 minutes until the veg is soft. Add in the peas, fish and parsley and bring back to a simmer. Leave to bubble for 5 minutes until the fish flakes really easily.

Stir in a tablespoon of creme fraiche and serve.

## TOP TIP

Perfect for adding any fish your little ones like, but make sure you go for those higher in Omega 3, such as salmon, trout, sardines and mackerel. Remember, your little ones should have oily fish no more than twice a week!

