

香煎三文鱼蔬菜软饭

Pan-seared salmon vegetable soft rice. Soft, fully cooked, small pieces, no added salt.

10
PREP MINS

12
COOK MINS

1+
TODDLER +
ADULTS

0
ADDED SALT

INGREDIENTS 食材



三文鱼
salmon
全熟，仔细检查鱼刺

西兰花
broccoli
蒸软，梗切碎

胡萝卜
carrot
切薄或煮软

软米饭
soft rice
保持湿润柔软

橄榄油
olive oil
少量抹锅或拌入



宝宝重点

鱼肉全熟，仔细检查鱼刺，再压碎。

Why it works

香煎三文鱼蔬菜软饭：软主食供能，蛋白和铁支持正餐，蔬菜增加颜色和口感，宝宝份保持软、小、淡。

soft staple + protein + vegetables; soft, small, mild.

Parent plate

大人可另加黑胡椒、柠檬和盐；宝宝份只用鱼香和蔬菜甜味。

Season adult plates after serving the toddler portion.

Timing

18:00 晚餐；21:00 睡觉。刷牙后只给水。

Dinner before 21:00 sleep. No bedtime milk habit.

STEPS

按图做：备料、煮熟、调软、装盘。Every step keeps the texture toddler-safe.

1 煎熟 SEAR



三文鱼擦干，小火少油煎到全熟，中心不透明。

Pan-sear until fully cooked and opaque in the center.

2 蒸软 STEAM



胡萝卜和西兰花蒸软，西兰花只取小花。

Steam carrot and broccoli until soft; use tiny florets.

3 拌饭 MIX



仔细检查鱼刺后压碎，和软米饭、蔬菜拌匀。

Check for bones, flake small, then mix with soft rice.

4 检查 CHECK



宝宝份不加盐，入口前确认无刺且温度不烫。

No added salt; confirm no bones and serve warm, not hot.

EXTRA TIPS

鱼肉全熟，仔细检查鱼刺，再压碎。

鱼肉压碎无刺，胡萝卜能轻松压扁。

大人可另加黑胡椒、柠檬和盐；宝宝份只用鱼香和蔬菜甜味。

刷牙后只给水，避免睡前奶习惯。