

白鱼番茄菜花小蒸饺

White fish tomato cauliflower mini steamed dumplings.
Soft, fully cooked, small pieces, no added salt.

10
PREP MINS

12
COOK MINS

1+
TODDLER +
ADULTS

0
ADDED SALT

INGREDIENTS 食材



白鱼
cod or pollock
全熟，仔细检查鱼刺

西红柿
tomato
小块，软烂

菜花
cauliflower
蒸软，梗切碎

饺子皮
dumpling wrappers
小块，软烂

胡萝卜
carrot
切薄或煮熟



宝宝重点

鱼肉全熟，仔细检查鱼刺，再压碎。

Why it works

白鱼番茄菜花小蒸饺：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。

protein + vegetables; soft, small, mild.

Parent plate

大人可另加盐、白胡椒或葱花。

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 备料 PREP



白鱼蒸熟到中心不透明，仔细检查鱼刺后压碎。

Steam white fish until opaque, check carefully for bones, then flake small.

2 蒸鱼 FISH



菜花和胡萝卜蒸软切碎，番茄煮成浓汁后拌成湿润馅。

Steam cauliflower and carrot soft; mix with tomato sauce into a moist filling.

3 拌馅 FILL



包成小蒸饺，蒸到饺子皮非常软透。

Make mini dumplings and steam until wrappers are very soft.

4 蒸饺 STEAM



出锅剪半或剪四瓣，放温后再给宝宝。

Cut each dumpling into halves or quarters and cool before serving.

EXTRA TIPS

鱼肉全熟，仔细检查鱼刺，再压碎。

饺子皮软，馅湿润；鱼无刺，剪开后每块不超过约 1.2 cm。

大人可另加盐、白胡椒或葱花。

刷牙后只给水，避免睡前奶习惯。