

周日晚餐 · Sunday Dinner

烤三文鱼红薯小饼配菜花饭

Baked salmon sweet potato cakes with cauliflower 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

红薯
sweet potato
小块，软烂

菜花
cauliflower
蒸软，梗切碎

软米饭
soft rice
保持湿润柔软

鸡蛋
egg
熟透，切小块



宝宝重点

鱼肉全熟，仔细检查鱼刺，再压碎。

Why it works

烤三文鱼红薯小饼配菜花饭：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

大人可另加柠檬、盐和黑胡椒；宝宝份保持原味。

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 备料 PREP



三文鱼烤到全熟，放温后仔细检查鱼刺并压碎。

Keep pieces small and texture soft.

2 加热 COOK



红薯蒸熟压泥，拌三文鱼碎和少量蛋液。

Serve warm, not hot.

3 调软 SOFTEN



做成小饼，小火两面定型后加水焖软。

Serve warm, not hot.

4 装盘 SERVE



菜花小花切碎拌软米饭，宝宝份不加盐。

Serve warm, not hot.

EXTRA TIPS

鱼肉全熟，仔细检查鱼刺，再压碎。

鱼饼软，不干硬；鱼刺必须清零。

大人可另加柠檬、盐和黑胡椒；宝宝份保持原味。

刷牙后只给水，避免睡前奶习惯。