

For Mum and Baby to share



“This week we’ve a highly nutritious salmon, potato and broccoli blend – it’s easy to make and it’s a sensational mealtime experience for Mother and Baby alike.

Spoonful after spoonful, rich and smooth, it’s sure to put a smile on the young one’s face – and Mum will love it too.

Quality time together and a quality meal to share, the perfect recipe for an everlasting, loving relationship!”

Garth McCollgan



Lovin' spoonful

A soft, sweet and tender fish/veg combination

Perfect with...



Garden Peas

€1.79
EACH



1kg, €1.79 per kg



Carrot Batons

€1.35
EACH

500g, €2.70 per kg

Great value

Garth McColgan

Steamed Salmon with Sweet Potato Purée

Serves 4

Ingredients

- 1 Onion, finely chopped
- 2 tbsp butter
- 1 head Broccoli, cut into florets
- 1 Sweet Potato, peeled and cut into 2cm diced pieces
- 8 pieces Frozen Mashed Potato
- 400-500mls Milk
- 1 pack Salmon Fillets
- 2 sprigs Parsley, roughly chopped
- Squeeze of Lemon Juice

Method

1. In a saucepan fry the onion gently in 1 tbsp butter until soft. Now turn the heat up until the onion turns brown, but don't stir.
2. Put the broccoli into a bowl with 4 tbs water and 1 tbs butter. Cover with cling-film and microwave on 'high' for about 5 minutes. Leave to stand and then strain.
3. Add the sweet potato, mashed potato and milk and bring to the boil.
4. Simmer gently for 5 minutes (with no lid), remove the salmon from the packaging and then place the salmon fillets on top of the mash. Cover and cook for a further 5-7 minutes until the salmon is cooked.
5. Remove the salmon and keep warm.
6. For Baby, blend fully and flake the fish on top, serve with broccoli.
7. For Mum, blend the potato mix, leaving some lumps; add parsley and a squeeze of lemon. Serve with salmon and broccoli.



Garth's Tips

This is not just for babies – all the kids will enjoy it. And you couldn't give them anything healthier. It's a dish packed with Omega 3, potassium, complex carbohydrates, fibre, vitamin C and more.



So beautiful together

“If you would like to make this week’s light though wholly nutritious salmon and broccoli mixture, look no further than Aldi for all the wonderfully tasty ingredients – at beautifully tiny prices, they’re guaranteed to make Mums smile!”

Steamed Salmon with Sweet Potato Purée



Garth McCollgan



Onions
49c PER PACK
1kg, 49c per kg



Frozen Mashed Potato
€1.39 EACH
680g, €2.04 per kg



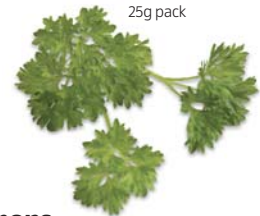
Fresh Milk
87c EACH
1 litre, 87c per litre



Sweet Potatoes
89c EACH



Irish Butter
€1.79 PER PACK
454g, €3.94 per kg



Parsley
€1.19 PER PACK
25g pack



Salmon Fillets
€3.59 PER PACK
250g, €14.36 per kg



Broccoli
See in store for price



Lemons
89c PER PACK
3 pack, 29.6c each

*Fresh produce prices can vary. Offers available for a limited time only, subject to availability.