BAKED SALMON WITH BROWN RICE & EDAMAME



A Simple, Nutritious Fish Lunch for Little Eaters

midnightscribble.com

Tender baked salmon, soft brown rice, and gently cooked edamame come together in this easy toddler lunch. Salmon introduces little ones to fish, while the soft rice and beans add different textures and flavors to explore.
Prep Time: 10 minutes
Cook Time: 15–20 minutes
Total Time: 25–30 minutes
You will make: 2 toddler portions

YOU'LL NEED

- **2-3 oz salmon fillet, depending on the number of portions needed**
- **½ cup cooked brown rice**
- **¼ cup shelled edamame**
- **1 teaspoon olive oil**
- **A small squeeze of lemon, optional**

ALL YOU HAVE TO DO

1. Preheat the oven: Set the oven to 400°F (200°C).
2. Prepare the salmon: Place the salmon fillet on a parchment-lined baking tray.
3. Add olive oil: Brush the salmon lightly with olive oil.
4. Bake: Cook for approximately 15-20 minutes, depending on the thickness of the fillet, until the fish is fully cooked and flakes easily. Check that it reaches an internal temperature of 145°F (63°C).
5. Prepare the rice: If not already cooked, prepare the brown rice according to the package directions until tender and soft.
6. Cook the edamame: Steam or boil the shelled edamame until thoroughly cooked and soft.
7. Check for bones: Allow the salmon to cool slightly, then carefully inspect it and remove every bone you can find.
8. Flake the fish: Break the salmon into very small, soft flakes, checking again for bones as you go.
9. Prepare the edamame: Lightly mash or flatten the cooked beans before serving. Never offer whole edamame beans to a young child.
10. Assemble the plate: Serve small portions of flaked salmon with soft brown rice and prepared edamame. Add a little lemon juice if desired.
11. Cool before serving: Allow the food to reach a comfortable temperature before offering it to your toddler.

Toddler-Friendly Serving Tips

- Break salmon into small, moist flakes rather than large chunks.
- Check carefully for bones, including small pin bones.
- Cook brown rice until soft and moist, not dry or firm.
- Remove edamame beans from their pods and flatten or mash them before serving.
- Start with a small portion, especially if salmon is new to your child's menu.
- Keep your toddler seated upright and supervise closely while eating.

Important Fish Safety

Fish can contain small bones even when sold as fillets. Carefully inspect the salmon before serving and remove every bone you find.
Salmon is also a common food allergen. If your toddler has not eaten fish before, follow your established allergen-introduction guidance. Seek advice from your healthcare professional if your child has a known food allergy or other dietary concerns.

Easy Variations

- Creamy Salmon Rice: Mix a little flaked salmon into the warm rice for an easy-to-eat combination.
- Lemon Salmon: Add a tiny squeeze of lemon for a fresh flavor.
- Extra Vegetables: Serve with soft-cooked carrots or broccoli prepared in an age-appropriate texture.
- Alternative Grain: Use soft cooked quinoa instead of brown rice.
-

Make-Ahead and Storage Tips

- Refrigerator: Refrigerate cooked salmon, rice, and edamame promptly in separate airtight containers or together in a suitable container. Keep at 40°F (4°C) or below.
- Storage Time: Use cooked leftovers within 3–4 days.
- Reheating: Reheat thoroughly until steaming hot throughout, then cool to a comfortable serving temperature.
- Make Ahead: Cook the rice and edamame in advance to make lunchtime preparation easier. Prepare the salmon fresh or refrigerate cooked portions promptly.
- Serving Reminder: Avoid saving food from your toddler's plate once they have eaten directly from it.

A Little Mealtime Reminder

Introducing fish can be a lovely way to expand your toddler's food experiences. Keep portions small, offer familiar sides, and let your child explore the different flavors without pressure.

Tender salmon, soft rice, and little green bites make lunchtime simple and satisfying.