

Steamed Fish, Carrots and Beans

IDDSI Level 4

Lunch / Dinner

Recipe source: Chef Jose at
Broadmead Rest Home

Time to make: 40 minutes

Servings: 1 portion

Ingredients:

1 piece of any fish
100ml fish stock or water
100g green beans
100g carrots
Salt and pepper
1 scoop of thickener
(Resource ThickenUp Clear)
Silicone moulds

Dietitian's Top Tips:

To increase the carbohydrate content, serve with pureed mashed potato. This can be fortified with butter, milk, cream or cheese to increase the calorie and protein content.



Instructions:

- Steam the fish, or boil in water.
- Blend the fish with stock or water and make a puree. Add salt and pepper to taste.
- Measure 1 scoop of thickener and blend it again to get the desired consistency. Sieve the fish mixture to remove any lumps.
- Repeat the process with the green beans and carrots to get a pureed consistency.
- Place each puree in different moulds to shape each component.
- Freeze for about 30 minutes to 1 hour to set.
- Once set, plate up the fish, carrots and beans.
- Heat in the oven at 120 °C for 20-30 minutes.