



## RECIPE BOOK

A collection of healthy and easy recipe ideas for you and your children.



# BREAKFAST

Breakfast – essential for little ones to kick start their metabolism and provide energy to get the most out of their morning at nursery. If you are in a rush to get children out of the house and find breakfast a bind, check out our suggestions for a quick breakfast at home or to eat in the car on the way!

Breakfast smoothies are a great way to tempt a fussy eater to have a nutritious breakfast, and also to hide the fact that you are giving them a couple of portions of fruit!

## Bananarama Breakfast Smoothie

For a Banana-Split Smoothie, use chocolate syrup instead of maple syrup. You could use all milk if preferred.

- 1 medium banana, peeled and cut into chunks
- 3 tbsp plain yoghurt
- 1 tbsp maple syrup
- 4 tbsp apple juice
- 2 tbsp cold milk
- 1/2 tbsp. oats

Put the banana, yoghurt and maple syrup into a blender and whiz for 1–2 minutes, until smooth. Add apple juice and milk and whiz again until frothy. Pour into a glass to serve.

Preparation time: 5 minutes

Makes 1 glass

## Sunshine Breakfast Smoothie

This smoothie is a great way to use up slightly overripe bananas – the ones with brown spots that children hate to eat!

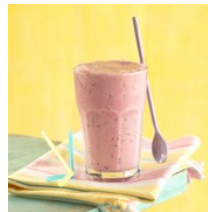
- 1 medium banana, peeled and cut into chunks
- 1/2 large mango, cubed
- 1 tsp clear honey
- 120 ml (4 fl oz) pineapple juice
- 60 ml (2 fl oz) orange juice

Put the banana, mango and honey into a blender and whiz for 1–2 minutes, until smooth. Add the pineapple juice and orange juice, and whiz again until frothy. Pour into a glass to serve.

(yoghurt, oats and seeds could be added to provide protein/carbs.)

Preparation time: 5 minutes

Makes 1 glass



This quick breakfast idea is perfect for the school run. Pack a wet wipe to clean up sticky fingers!

This quick breakfast idea takes only 5–10 minutes to make.

## Breakfast wrap

Melt 2 teaspoons of butter in a small pan.

Beat 2 eggs with one tablespoon of milk and a little salt and pepper and add to the pan.

Cook, stirring over a low heat until the egg has scrambled.

Add any of the following to the scrambled egg ham, bacon, grated cheese, chopped tomato, smoked salmon, sautéed diced sweet pepper and onion and a few drops of Tabasco.

Pile onto one side of a tortilla and roll up. Wrap in foil. The foil can be peeled off as your child eats the wrap.

Makes 1-2 child sized portions



## Breakfast Parfait

- 1 portion of yoghurt
- Some fruit, any fruit!!
- Crushed cereal flakes or oats
- Cinnamon if desired.

Layer ingredients in a bowl and that's it!!

This recipe can be used with any flavour of yoghurt and any fruit, depending on yours and your child's preferences.

Makes 1 glass



# LUNCH

Lunch – lunch is a great social time for the children and time for them to refuel after a busy morning. Try some of these mix and match lunches to provide a quick and easy packed lunch bursting with flavour and goodness.

Choose 1 from the carbohydrates list, 1 or 2 from the protein list and up to 5 from the fruit and vegetable list. E.g. rice, prawns, mango, peas, pepper and sweetcorn or cous cous with tiny salmon flakes through it (pink cous cous) with sugar snap peas, grated carrot and tomatoes. Some children like their food mixed up others prefer each thing to be separate (pack up depending on what works best for your child)

<b>Carbohydrates</b>	<b>Protein</b>	<b>Vegetables and Fruit</b>
Wrap	Bacon	Peas
Pitta (as a pocket or slices)	Beef	Sweetcorn
Bread	Chicken	Carrots (grated or sticks)
Oatcakes	Turkey	Pepper
Potato Farfs	Prawns	Cucumber
Crackers	Boiled Egg	Beetroot
Bread roll	Grated/ cube Cheese	Tomatoes (cherry or pieces)
Cheese or herb scone	Fish spread	Apple (grated or pieces)
Cous cous	Tuna	Cauliflower(partially cooked)
Rice	Mackerel	Broccoli (partially cooked)
Barley	Salmon	Mushrooms
New potatoes	Roast meat leftovers	Sugar snap peas
Cold roast potatoes	Falafel	Celery
Egg noodles	Tinned beans (flageolet, soya, butter, cannellini, kidney)	Radishes
Pasta	Sausage	Lettuce
Millet	Homous	French beans (partially cooked)
Rice noodles	Cubed tofu	Pineapple
Rice pancakes	Ham	Mango

# LUNCH

## Ciabatta Sandwich Loaf

Ciabatta is an Italian elongated, broad and flattish white bread made with white flour and yeast. This recipe makes a quick sandwich with Ciabatta loaf.

### Ingredients

2 red peppers  
1 ciabatta loaf  
2 tbsp sundried tomato paste  
2 large tomatoes, sliced  
1 mozzarella ball, sliced  
Two thirds of a cup 1 oz (30g) parmesan cheese, grated  
10 basil leaves



### Method

Preheat the oven to 400F. Slice the peppers in half lengthways and remove the seeds. Place on a baking tray cut side down and roast for 20 minutes or until the skins are brown. Put the peppers in a bowl, cover with clingfilm and leave to cool.

Peel the skins off the peppers. Slice the ciabatta in half lengthways and remove some of the dough. Spread the sundried tomato paste on both sides of the bread, then arrange the tomatoes on the base of the bread with the mozzarella, parmesan and basil leaves. Season well, then add the peppers followed by the top half of the bread. Wrap in clingfilm and leave in the fridge for one hour. When ready to serve, slice the loaf into eight.

### Information

Makes 8 child sized portions

## Sweet Chilli Wrap

This is an easy sweet chilli recipe to cook for a lunchbox. Children will love these wraps .

### Ingredients

2 tbsp mayonnaise  
1 tsp sweet chilli sauce  
3 oz cooked chicken, shredded  
2 wheat wraps (tortillas)  
2 in piece of cucumber, peeled, de seeded and cut into matchsticks  
2 spring onions, trimmed and cut finely lengthways  
Salt and freshly ground black pepper

### Method

Mix together the mayonnaise and sweet chilli sauce, then season to taste with salt and pepper.

Lay the wraps on a flat surface and spread on the mayonnaise mixture.

Divide the chicken between the wraps, laying it down the centre.

Arrange the cucumber and spring onion on top of the chicken, then roll up the wrap before serving.

### Information

Makes 2 child sized portions



## Turkey Pasta Salad - Lunch Box Recipe

Children love this salad with moist chunks of turkey and pasta shapes in a delicious dressing and it only takes minutes to prepare. You can prepare this the night before and then toss with the dressing in the morning and put it in a small plastic container with a lid in your child's lunchbox.

### Ingredients

50g pasta shape  
100g cooked turkey or chicken, chopped  
1 baby gem lettuce, chopped  
100g canned sweetcorn  
6 to 8 cherry tomatoes cut in half  
1 or 2 spring onions, thinly sliced  
Honey and Soy Dressing  
3 tbsp light olive oil  
1 tbsp runny honey  
1 tbsp soy sauce  
1 1/2 tbsp freshly squeezed lemon juice



### Method:

Cook the pasta according to the packet instructions. Meanwhile, whisk together all the ingredients for the dressing. Put the chopped turkey, gem lettuce, sweetcorn, tomatoes and spring (green) onion into a bowl together with the drained pasta and toss with the dressing.

### Information:

Makes 2 child sized portions

## Rocking Rice

### Ingredients

2 heaped tablespoons of cooked rice  
2 large iceberg lettuce leaves  
1 spring onion (sliced)  
1 teaspoon lemon juice  
1/4 pepper  
2 teaspoons olive oil  
2 cherry tomatoes (seeds removed and chopped)  
Two basil leaves (roughly chopped)

### Method

Mix the rice, spring onion, tomatoes, lemon juice and basil together

Place one lettuce leaf on top of the other and spoon the rice mixture on to the centre of the top leaf

Fold the top of the leaves down and fold the sides inwards to cover the filling

Secure with a cocktail stick and wrap well

### Information:

Makes 2 child sized portions



# Tea

Tea – Running out of inspiration for your children’s packed dinner – then look no further for some suggestions that will be easy for you to prepare and delicious for your children to eat. With a bit of planning, many of these can be batch baked and frozen in advance so you will always have something to hand. See our handy tips corner for times when you need to pull something together quickly.

## Chicken Dishes - Mini Chicken & Potato Pies

Children like individual portions so make chicken dishes in three small ramekin dishes. If you like chicken dishes, you can decorate each pie with vegetables to make funny faces.

### Ingredients

Two tbsp vegetable oil  
1 medium onion, finely chopped  
100g (3 ½ oz) leek, washed and sliced  
375g (12 oz) potatoes, peeled and cut into chunks  
30g (1 oz) butter  
1 and a half tbsp milk  
salt and freshly ground black pepper  
200g/7 oz minced chicken or turkey  
half stick celery, chopped  
1 small carrot (approx 50g) grated  
2 tbsp tomato ketchup  
100 ml chicken stock  
half tsp fresh thyme or pinch of dried thyme  
an extra knob of butter

### To Decorate

1 leek, washed and sliced  
2 baby sweetcorn, halved  
1 tomato, sliced  
1 carrot  
6 frozen peas  
basil leaves



### Method:

Heat the oil in a pan and sauté the onion and leek for 5 minutes to soften. Meanwhile, cook the potatoes in a pan of lightly salted water until tender and then mash together with the milk and butter. Season to taste.

Add the minced chicken, celery and grated carrot and cook for about 5 minutes. Transfer to a food processor and chop for a few seconds to give the mixture a smooth texture, if desired. Return to the pan, add the ketchup, boiling stock and herbs. Cover and cook for about 4 minutes.

Pre-heat the grill. Divide the chicken between three 10cm /4 “ramekin dishes and top with the mashed potato. Dot the top with a little butter and place under the grill until golden.

### Information:

makes 3 child sized mini pies

The same lunch principles could apply for tea e.g. Choosing 1 carbohydrate, 1 or 2 protein and up to 5 fruit and vegetables.

For those who prefer finger foods or who like to give finger foods to compliment a meal, here are a few suggestions:

- Rissoles
- Fishcakes
- Risotto balls
- Potato croquettes
- Falafel
- Part-cooked vegetables e.g. broccoli, cauliflower
- Sticks of cheese
- Raw vegetables/salad e.g. carrot, cucumber
- Shreds of chicken / beef / ham etc.

## Hidden Vegetable Sauce

This is a great way to get children to eat vegetables. There are four vegetables blended into the tomato sauce and what they can’t see, they can’t pick out. You could make this using any of the pasta shapes and protein could be added e.g. chicken or pulses, to make it a complete meal.

### Ingredients

1 tbsp light olive oil  
1 onion, chopped  
75g carrot, chopped  
1/2 stick celery, chopped  
50g courgette, chopped  
1 clove garlic, crushed  
1 tbsp tomato puree  
400ml passata  
100 ml vegetable stock  
250g Pasta

### Method

Heat the oil in a pan. Add the onion, carrot and celery and cook for 5 minutes, stirring occasionally.

Add the courgette and cook for a further 5 minutes.

Add the crushed garlic and cook for one minute.

Stir in the tomato puree, passata and vegetable stock.

Cover and simmer for about 20 minutes.

Puree with an electric hand blender.

Cook the Pasta in boiling water according to the instructions on the packet, then drain and stir into the sauce.

### Information

Makes approximately 8 child sized portions

Suitable for freezing



# Tea

## Chicken and Apricot Curry

Whilst a very hot chicken curry may not hit the spot for babies and young children, a mild and creamy one is often popular. Dried apricots are rich in betacarotene and also contain iron.

### Ingredients

50 g (2 1/2 oz) baby pasta shells or rice if preferred  
2 tsp sunflower oil  
50g (2 oz) onion, finely diced  
1/4 tsp fresh ginger, grated  
2 tsp mild korma curry paste  
150 ml (1/4 pint) chicken stock  
100 ml (3 1/2 fl oz) coconut milk  
15g (1/2 oz) dried apricots, roughly chopped  
50g (2 oz) butternut squash, finely diced  
75g (3 oz) chicken breast, chopped into small pieces.

### Method

Cook the pasta/rice according to the instructions on the packet. Drain. Heat the oil in a saucepan. Add the onion and ginger and saute for 5 minutes. Add the curry paste, then the stock and coconut milk. Add the apricots and squash. Bring to the boil, then simmer, covered, for 10 minutes until the squash is tender. Whiz until smooth (or with some texture for older children) using a hand blender. Fry the chicken for 3 - 4 minutes, then add the sauce. Finally, stir in the drained pasta/rice.



### Information

Suitable for freezing  
Preparation 8 minutes  
Cook 20 minutes  
Makes approximately 2 child sized portions

## Risotto with Butternut Squash

### Ingredients

50g onion, chopped  
15g unsalted butter  
110g basmati rice  
450ml boiling water  
150g butternut squash, peeled and chopped  
225g ripe tomatoes, skinned, deseeded and chopped  
50g Cheddar cheese, grated

### Method

Saute the onion in half the butter until softened. Stir in the rice until well coated. Pour over the boiling water, cover pan with a lid and cook for 8 minutes over a high heat. Stir in the butternut squash, reduce the heat and cook, covered, for about 12 minutes or until the water has been absorbed. Meanwhile, melt the remaining butter in a small saucepan, add the tomatoes and saute for 2-3 minutes, Stir in the cheese until melted, then stir the tomato and cheese mixture into the cooked rice.

*This dish could be enhanced by added some protein (essential for growing children) e.g. add some flaked chicken or pulses.*

### Information

Makes approximately 6 child sized portions



## Salmon Chowder

Your child will love the sweet taste of sweetcorn in this chowder. This Salmon Chowder is simply delicious - for young babies make sure you puree the chowder using a mouli or food mill.

### Ingredients

1 tbsp light olive oil  
40g onion, chopped  
2 medium carrots, peeled and chopped (150g)  
30g celery, chopped  
1 small clove garlic, crushed  
1 medium potato, peeled and chopped approx 150g unpeeled and 125g peeled weight  
100 ml vegetable or fish stock  
50 ml milk  
125g fillet of salmon, cut into chunks  
100g tinned sweetcorn

### Method

Heat the oil in a saucepan and sauté the onion, carrot and celery over a low heat for 10 minutes. Add the garlic and sauté for 30 seconds. Add the potato, pour over the stock and cook for 8 minutes. Pour in the milk, add the salmon and poach for one minute. Add the sweetcorn and continue to cook for one minute more. Puree in a blender until smooth.

### Information

Suitable for Freezing  
Makes 5 child sized portions



# Tea

## Lamb Koftas

Iron is the commonest nutritional deficiency in young children. Iron is important for growth and development and crucial in the production of healthy red blood cells which carry oxygen around the body. The best source of iron is red meat, so try these delicious lamb koftas. They are good with or without the pitta bread.

### Ingredients

2 onions, chopped  
1tbsp olive oil  
500g minced lamb  
80g fresh breadcrumbs  
2tbsp chopped coriander  
2tbsp chopped, fresh parsley  
1tbsp mild curry powder  
2tsp ground cumin  
1 lightly beaten egg  
1 beef stock cube, crumbled  
1tsp sugar  
Salt and pepper  
Vegetable oil for frying  
7 pitta bread pockets  
Sliced tomato  
Sliced cucumber  
A pot of Greek yogurt

### Method

Sauté an onion in the oil until softened. Then mix together the sautéed onion, raw onion, minced lamb and all the remaining ingredients. Transfer to a food processor and chop for a few seconds. Form the mixture into 14 koftas, roll in flour and sauté until golden and cooked through. Cut the pitta pockets in half. Spoon a little yogurt into the pockets and stuff each one with a lamb kofta, slice of cucumber and tomato.

### Information

Suitable for freezing  
Makes  
14 Koftas



## Sausage and Bean Casserole

### Ingredients

2 tablespoons olive oil  
1 large onion  
2 carrots  
4 slices bacon  
4 reduced fat or quorn sausages  
1.5 tablespoons plain flour  
3 tablespoons tomato puree  
400 ml beef stock  
3 bay leaves  
Black pepper  
1 large can mixed beans  
100 g button mushrooms  
8 cherry tomatoes  
½ orange pepper



### Method

Pre-heat the oven to 180°C. Peel and chop carrots into large chunks. Peel and dice onion. Wash and quarter mushrooms. Halve the tomatoes. Dice the pepper. Trim the visible fat from the bacon and chop into finger sized pieces. Cut each sausage into five pieces. Drain and rinse the beans. Heat the oil in a large casserole dish over a high heat. Add the onions and carrots and fry until golden brown. Add the bacon and sausage and fry for a further three minutes or until starting to brown. Add the flour and stir continuously for a minute to coat the meat and vegetables. Stir in the puree, stock, beans, mushrooms, tomatoes and orange pepper. Add the bay leaves and a good pinch of black pepper. Bring to the boil, cover with a lid and bake for 30 minutes until the sauce has thickened and the sausages are tender. Serve with fluffy mashed potato and crisp broccoli florets.

### Information

Makes 6 child sized portions

## Spanish Chicken and Rice

### pots

### Ingredients

4 chicken breasts (remove skin)  
50g chorizo sausages  
1 large onion chopped  
200g basmati rice  
400g kidney beans  
500ml chicken stock  
Thyme  
1 tbsp olive oil

### Method

Add the olive oil to the pan and heat. Fry the chicken for 8 minutes. Add the chorizo sausage and fry for 1 minute. Remove the chicken and sausage from the pan and fry the onion until softened. Stir in the rice and return the chicken and sausage to the pan. Pour in the chicken stock and the kidney beans. Cover and cook on a medium heat for 10 minutes, or until the rice is cooked. Finish with a sprinkle of thyme. To add extra flavour and colour to this dish why not add some peas or a selection of different coloured peppers!



### Information

Makes 4 child sized portions

## Mozzarella, ham & pesto pizzas

An easy snack or supper that everyone will love, and it's ready in only 10 minutes.

### Ingredients

4 mini pitta breads  
150.0g pack mozzarella  
4 tsp pesto  
85.0g smoked wafer thin ham

### Method

Turn the grill to high, put the pittas on the grill rack and heat for about a minute while you slice the mozzarella into five. Turn the pittas over and spread each one with 1 tsp pesto, then top with a mozzarella slice. Pile the ham on top, so it looks quite ruffled, then tear the final mozzarella slice into four and put it on top of the ham. Return to the grill for 3-4 minutes more until melted and starting to turn golden. Serve with salad.

### Information

Makes 4 child sized portions



# Lunch (cold)

Sandwiches/pitta bread, wraps, brioche, rolls with:
Marmite
Ham
Cheese
Tuna
Salmon
Prawns chicken
Egg mayo
Salami
Cold pasta e.g pesto or tomato
Cold pasta salad with bacon, sweetcorn, spring onions
Cous cous with chopped up cucumber, tomatoes and pepper with grated cheese
Houmous and pitta bread and veg sticks
Yoghurts
Fruit
Egg, potato and carrot salad
Rice cakes, bread sticks, cheese and crackers with chopped tomatoes and cu-
Cooked mini sausages with a cheese sandwich

## Ideas from Ladybirds Parents



# Tea (hot)

Fish pie with veg	Sausage, beans and potato latkes
Fish fingers, potatoes and peas	Sausage, mash and veg
Cod fish with a parsley butter sauce with rice and broccoli	
Meatballs and pasta with tomato sauce	Chicken breast with rice and veggies mixed together
Spaghetti carbonara	Chicken and asparagus in rice and chicken stock
Spaghetti bolognaise	Chicken/beef in oyster sauce with egg fried rice and broccoli
Pasta with tomato and vegetable sauce with grated cheese	Chicken and leek pie with potatoes and veg
Pasta with bacon, peas and cream cheese	Chicken korma and rice
Pasta with hot dog sausages, peas and carrots	Cous cous with stir fried chicken and veg
Tuna napolitano	
Pesto pasta	
Lasagne mince or vegetable	
Cheesy pasta with lamb mince and veg	
Macaroni cheese with peas and tomatoes mixed in	
Moussaka	Shepherds pie and veg
	Mexican chilli
Rice with tomato sauce and frankfurter	Boiled potatoes with spinach and corned beef sauce
Soup with animal shaped bread/wraps	Roast chicken, beef, pork with mash potato, carrots and broccoli (left overs from night before)
	Casserole e.g. lamb hotpot, chicken chasseur,
Stir fried noodles and vegetables	



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