

FRENCH BREAD PIZZA

Ingredients for 1 child serving:

- ½ 10" baguette
- 20g cheddar cheese
- 1g garlic puree
- 2.5g tomato paste
- 20g chopped tomatoes



Method:

1. In a pan add the garlic puree and tomato paste and cook for a minute or two.
2. Then add the chopped tomatoes and leave to thicken.
3. **(At this stage you can add any seasoning you may have at home such as herbs, black pepper or chilli powder).**
4. Once the sauce has thickened, spread onto your baguette as the tomato base.
5. Top with the cheddar cheese.
6. **(Feel free to add any other vegetables or toppings you may have at home).**
7. Bake until the base is fully cooked, and the cheese is golden.

TOMATO PASTA BAKE

Ingredients for 1 child serving:

- 50g dried pasta
- 80g chopped tomatoes
- 10g tomato paste
- 5g onions
- 17ml water
- 1g chilli powder
- 1g garlic puree
- 20g cheddar cheese



Method:

1. In a pan start cooking the onion.
2. Once onions start to soften add chilli powder and garlic puree.
3. Add the tomato paste and cook for a further minute.
4. Add the chopped tomatoes and the water, turn to a low heat and leave the sauce to simmer.
5. **(At this stage you can add any seasoning you may have at home such as herbs, black pepper or vegetable stock).**
6. Meanwhile bring a pan of water up to boiling point, and then add the pasta.
7. Once the pasta is cooked and drained, and the sauce has thickened, mix together.
8. Top with cheese and pop into the oven to go golden.

FIVE BEAN CHILLI

Ingredients for 1 child serving:

- 50g five bean salad
- 10g sweetcorn
- 1g chilli powder
- 1g garlic puree
- 15g onions
- 10g red pepper
- 80g chopped tomatoes
- 5g tomato paste
- 1g cumin
- 45g dried rice



Method:

1. Rinse five bean salad and leave to drain.
2. In a pan add oil and cook the onions and garlic puree.
3. Add the five bean salad, sweetcorn, red peppers, cumin and chilli powder, stirring continuously.
4. (At this stage you can add any seasoning you may have at home such as herbs, black pepper or vegetable stock, or any leftover vegetables such as peppers).
5. Add chopped tomatoes and tomato puree and leave to simmer for 10 minutes.
6. Serve with rice.

LENTIL CURRY

Ingredients for 1 child serving:

- 35g sweet potato
- 20g brown lentils
- 1g curry powder
- 1g garlic puree
- 1g ground coriander
- 10g tomato paste
- 80g chopped tomatoes



Method:

1. Rinse the lentils and cook in boiling water until soft. Drain and then place to one side.
2. Meanwhile peel and chop the sweet potatoes and roast in the oven until soft.
3. Cook the onions, garlic, curry powder and coriander in a pan, and once the onions have softened add the tomato puree and cook for a further minute.
4. Add the chopped tomatoes and leave to simmer until the sauce thickens.
5. Add the cooked lentils and leave to simmer. Let down with water if needed.
6. Serve with rice.

EGG FRIED RICE

Ingredients for 1 child serving:

- 45g dried rice
- 2 eggs
- 10g onion
- 10g red pepper



Method:

1. Cook the rice and drain.
2. In a pan cook the onion until softened.
3. Add the red peppers to the pan.
4. (At this stage you can add any vegetables you have at home such as frozen peas.)
5. Add the cooked rice and cook for a few minutes, stirring occasionally.
6. Beat the eggs together and pour into the pan with the rice. Keep folding the eggs into the rice, ensuring that they cook through.
7. (At this stage you can add any seasoning you may have at home such as ginger, chilli powder or soy sauce.)

MACARONI CHEESE

Ingredients for 1 child serving:

- 50g dried pasta
- 80ml milk
- 5g margarine
- 5g plain flour
- 20g cheddar cheese
- 8ml water



Method:

1. Pre heat oven to 180c.
2. Bring a pan of water up to boiling point, and then add the pasta.
3. Whilst waiting for the pasta to cook, melt the margarine in a separate pan and add the flour (make sure you continuously whisk) - this should create a wet sand effect.
4. After 2 minutes add the milk a little at a time (keep on the heat and keep whisking).
5. Add 2/3 of the cheese into the sauce.
6. **(At this stage you can add any seasoning you may have at home such as mustard, black pepper or vegetable stock).**
7. Mix the macaroni with the cheese sauce and the water (do not make this up too early or it will be dry)
8. Place into serving dish, sprinkle the 1/3 of the remaining cheese on to the top
9. Place into the oven until its golden brown and core temperature is 75c

TUNA & SWEETCORN PASTA

Ingredients for 1 child serving:

- 50g dried pasta
- 10g sweetcorn
- 10g mayonnaise
- 60g tuna



Method:

1. Bring a pan of water up to boiling point, and then add the pasta.
2. Whilst waiting for the pasta to cook, mix your tuna with the mayonnaise and sweetcorn.
3. **(At this stage you can add any seasoning you may have at home such as black pepper, or any other vegetables you have such as red onion or peppers).**
4. Mix the cooked pasta with the tuna mayonnaise.