

Preparation time: None
Cooking time: 25 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Brown or white rice	180g	720g

Typical portion size for 1-4 years: 90g
Included in: Spring/summer and autumn/winter menus

Method

1. Cook the rice according to manufacturer's instructions on the packet. Do not add salt.
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Serving suggestion: Serve with curries and stroganoff.

* **Allergy Information:** None

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

1-4 years

Preparation time: None
Cooking time: 5 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Couscous	200g	800g
Water	250ml	1L

Typical portion size for 1-4 years: 90g

Included in: Spring/summer and autumn/winter menus

Method

1. Make up the cous cous according to the manufacturer's instructions on the packet. Do not add salt.

Serving suggestion: Serve with steamed cod or tofu with mixed pepper sauce and green beans.

* **Allergy Information:** Contains wheat (gluten)*

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1-4 years

Garlic bread

L

Preparation time: 5 minutes

Cooking time: 10 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Garlic, peeled	1 clove or 1 teaspoon purée	4 cloves or 4 teaspoons purée
Fresh parsley	2 sprigs	8 sprigs
Vegetable oil spread	5g (1 teaspoon)	20g (4 teaspoons)
White French stick	100g	400g

Typical portion size for 1-4 years: 25g

Included in: Spring/summer menu

Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Chop the garlic and finely chop the parsley.
3. Combine the garlic, parsley and spread.
4. Slice the French stick into round circles, spread with the garlic mixture.
5. Bake in the oven for 10 minutes or until the butter has melted.

Serving suggestion: Serve with lasagne and peas.

* **Allergy Information:** Contains milk, wheat (gluten)*

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Spring / Summer
1-4 years



Herb couscous

L

Preparation time: 5 minutes

Cooking time: 10 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Fresh parsley	3 sprigs	20g (1 small bunch)
Fresh coriander	3 sprigs	20g (1 small bunch)
Couscous	225g	900g
Water	275ml	1.1L
Olive oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Typical portion size for 1-4 years: 100g

Included in: Autumn/winter menu

Recipe adapted from: Children's Food Trust Autumn/Winter menu and recipes for childcare settings

Method

1. Chop the parsley and coriander.
2. Make up the couscous according to the manufacturer's instructions on the packet.
3. Do not add any salt.
4. Stir in the chopped herbs and drizzle with oil.

Serving suggestion: Serve with mixed bean and root vegetable stew.

* **Allergy Information:** Contains sulphites, wheat (gluten)*

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Autumn / Winter
1-4 years



Mashed potato

L

Preparation time: 5 minutes

Cooking time: 20 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potatoes, peeled	450g	1.8kg
Semi skimmed milk	15ml (1 tablespoon)	60ml (4 tablespoons)

Typical portion size for 1-4 years: 90g

Included in: Autumn/winter menu

Method

1. Chop the potato into 2cm cubes.
2. Boil in water for 15 minutes or until soft.
3. Drain the potatoes and then mash with the milk until a smooth consistency.

Serving suggestion: Serve with pork, leek and mustard casserole.

* **Allergy Information:** Contains milk*

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Autumn / Winter
1-4 years



Naan bread

L

Preparation time: 5 minutes

Cooking time: 10 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Naan bread	125g	500g

Typical portion size for 1-4 years: 25g
Included in: Spring/summer menu

Method

1. Warm the naan bread according to the manufacturer's instructions.
2. Slice in 25g portions.

Serving suggestion: Serve with beef or chickpea and spinach curry and rice.

* **Allergy Information:** Contains milk, wheat (gluten)*

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Spring / Summer
1-4 years



New potatoes

L

Preparation time: 5 minutes

Cooking time: 15-20 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potatoes	450g	1.8kg

Typical portion size for 1-4 years: 90g
Included in: Spring/summer menu

Method

1. Boil the potatoes for 15-20 minutes in unsalted water until cooked.
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Serving suggestion: Serve with casserole, broad beans and courgette.

* **Allergy Information:** None

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Spring / Summer
1-4 years



Pasta or spaghetti

L

Preparation time: None

Cooking time: 10-15 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Pasta/spaghetti	210g	840g

Typical portion size for 1-4 years: 90g
Included in: Spring/summer menu

Method

1. Cook the pasta/spaghetti according to the manufacturer's instructions on the packet.
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Serving suggestion: Serve with meatballs.

* **Allergy Information:** Contains wheat (gluten)*

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Spring / Summer
1-4 years



Cooking time: 25 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
White rice	150g	600g
Frozen peas	50g	200g
Turmeric	1.5g (½ teaspoon)	6g (2 teaspoons)

Typical portion size for 1-4 years: 90g

Additional recipe: try serving with curries

Method

1. Cook the rice according to manufacturer's instructions on the packet. Do not add salt.
2. Five minutes before the end of the cooking time, add the peas and turmeric. Then drain.

Serving suggestion: Serve with channa aloo and masoor dhal.

* **Allergy Information:** None

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1-4 years

Potato wedges

L

Preparation time: 5 minutes

Cooking time: 30 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potatoes	450g	1.8kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Typical portion size for 1-4 years: 90g

Included in: Autumn/winter menu

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Chop the potatoes into wedges.
3. Put the wedges onto a baking tray in a single layer, drizzle with oil, and bake in the oven for 30 minutes or until golden and soft.

Serving suggestion: Serve with fish and pea fishcakes and spinach.

* **Allergy Information:** None

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Autumn / Winter
1-4 years



Roast potatoes

L

Preparation time: 5 minutes

Cooking time: 30 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potatoes	450g	1.8kg
Vegetable oil	11g (1 tablespoon)	33g (3 tablespoons)

Typical portion size for 1-4 years: 90g

Included in: Spring/summer menu and autumn/winter menu

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Wash and chop the potatoes into large chunks.
3. Put the potatoes onto a baking tray in a single layer, drizzle with oil and bake in the oven for 30 minutes or until golden and soft.

Serving suggestion: Serve with chicken or bean and vegetable pie.

* **Allergy Information:** None

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1-4 years

Roasted sweet potatoes

L

Preparation time: 5 minutes

Cooking time: 30 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Sweet potatoes	700g	2.8kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)

Typical portion size for 1-4 years: 90g

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Wash and chop the potatoes into wedges.
3. Put the potatoes onto a baking tray in a single layer, drizzle with oil and bake in the oven for 30 minutes or until golden and soft.

Serving suggestion: Serve with Tanzanian stew.

* **Allergy Information:** None

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1-4 years

Vegetable couscous

L

Preparation time: 10 minutes

Cooking time: 10 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Fresh parsley	2-3 sprigs	20g (1 small bunch)
Fresh coriander	2-3 sprigs	20g (1 small bunch)
Courgette	100g (1 medium)	400g (4 medium)
Mushrooms	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Couscous	225g	900g
Water	275ml	1.1L

Typical portion size for 1-4 years: 135g

Included in: Autumn/winter menu

Method

1. Chop the parsley, coriander, mushrooms and courgettes.
2. Heat the oil in a pan and add the courgettes. Cook for 5 minutes.
3. Add the mushrooms and cook for a further 5 minutes or until the vegetables are soft.
4. Make up the couscous according to the manufacturer's instructions on the packet.
5. Stir in the chopped herbs and cooked vegetables.

Serving suggestion: Serve with lamb or chickpea tagine.

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Autumn / Winter
1-4 years

