

Broad beans and courgette

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Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Broad beans, podded	100g	400g
Courgettes	100g	400g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)

Typical portion size for 1-4 years: 40g

Included in: Spring/summer menu

Method

1. Par-boil the broad beans for 3-5 minutes then drain.
2. Meanwhile, dice the courgettes.
3. Heat the oil in a pan, add the courgettes and cook until softened. Add the broad beans a few minutes before the end to heat through.

Serving suggestion: Serve with pork or soya casserole.

* **Allergy Information:** None

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Spring / Summer
1-4 years



Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Broccoli	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu and autumn/winter menu

Method

1. Trim the broccoli.
 2. Boil the broccoli in unsalted water for approximately 10 minutes until soft.
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Serving suggestion: Serve with Thai chicken and chickpea curry.

* **Allergy Information:** None

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1-4 years

Brussels sprouts

L

Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Brussels sprouts	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Boil in unsalted water until cooked.

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

* **Allergy Information:** None

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Autumn / Winter
1-4 years



Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Green beans	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu and autumn/winter menu

Method

1. Trim the beans and boil in unsalted water until cooked.

Serving suggestion: Serve with steamed cod or tofu and mixed pepper sauce, lamb goulash or chickpea goulash.

* **Allergy Information:** None

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1-4 years

Preparation time: 5 minutes

Cooking time: 45 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	75g (½ medium)	300g (2 medium)
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Yellow split peas	65g	260g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Garlic purée	2.5g (½ teaspoon)	10g (2 teaspoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground turmeric	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	35ml (2 tablespoons)	140ml (8 tablespoons)

Typical portion size for 1-4 years: 50g

Additional recipe: try in place of vegetable and red lentil dhansak

Method

1. Chop the onion and coriander.
2. Boil the split peas until tender and then drain.
3. Heat the oil in a pan, add the onions, garlic purée, chilli powder and turmeric and cook for 3-4 minutes until the onions start to softened.
4. Add the cooked split peas and water to the pan and simmer for a further 5 minutes.
5. Sprinkle with coriander before serving.

Serving suggestion: Serve with channa aloo and pilau rice.

Infants 7-12 months

Typical portion size:

About around 40g.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend until smooth with soft lumps.

Serving to infants 10-12 months:

Chop or mince to the desired consistency.

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1-4 years

Mixed salad

L

Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Lettuce	75g	300g
Cucumber	100g	400g
Tomato	100g	400g

Typical portion size for 1-4 years: 40g

Included in: Spring/summer menu

Method

1. Chop the lettuce, cucumber and tomato.
2. Combine in a large bowl and serve.

Serving suggestion: Serve with moussaka and garlic bread.

* **Allergy Information:** None

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Spring / Summer
1-4 years



Preparation time: None
Cooking time: 5 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Frozen peas	200g	800g
Typical portion size for 1-4 years: 40g		
Included in: Autumn/winter menu		

Method

1. Boil in unsalted water until cooked.

Serving suggestion: Serve with lasagne and garlic bread.

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Autumn / Winter
1-4 years



Peas and carrots

L

Preparation time: 5 minutes

Cooking time: 15 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Carrots, peeled	100g	400g
Frozen peas	100g	400g

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Slice the carrots.
2. Boil the carrots in unsalted water adding the peas 5 minutes before the carrots are cooked.

Serving suggestion: Serve with pork or veggie meatballs and mashed potato.

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Autumn / Winter
1-4 years



Red cabbage and runner beans

L

Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Red cabbage	100g	400g
Runner beans	100g	400g

Typical portion size for 1-4 years: 40g

Included in: Autumn/winter menu

Method

1. Chop the cabbage and trim the beans.
2. Boil the vegetables in separate pans in unsalted water for approximately 15 minutes until soft.

Serving suggestion: Serve with haddock and salmon or bean pie.

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Autumn / Winter
1-4 years



Roasted vegetables

L

Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Aubergine	50g	200g
Onion, peeled	30g (½ small)	120g (2 small)
Courgette	50g	200g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Fresh tomato	35g (2 cherry toms)	140g (1 large or 2 small)

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu

Method

1. Pre-heat the oven to 190°C/375°F/Gas mark 5.
2. Chop the aubergine, onion, courgette and tomatoes.
3. Mix all the vegetables, except the tomatoes in a large bowl with the oil. Place in a baking tray and roast for 20 minutes.
4. Add the tomatoes and roast for a further 5 minutes.

Serving suggestion: Serve with lasagne and garlic bread.

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Spring / Summer
1-4 years



Root vegetable mash

L

Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Carrot, peeled	60g	250g
Swede, peeled	100g	400g

Typical portion size for 1-4 years: 35g

Included in: Autumn/winter menu

Method

1. Chop the carrot and swede into 1cm cubes.
2. Boil in water for 15 minutes or until soft.
3. Drain the vegetables and then mash until a smooth consistency is formed.

Serving suggestion: Serve with lamb and pear barley hotpot.

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Autumn / Winter
1-4 years



Spinach

L

Preparation time: None
Cooking time: 5 minutes

Vegetable accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Spinach	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Steam or boil in unsalted water until cooked.

Serving suggestion: Serve with fish and pea fishcakes or cheese and mushroom cakes.

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Autumn / Winter
1-4 years



Spring greens

L

Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Spring greens	200g	800g

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu

Method

1. Boil spring greens in unsalted water until cooked.

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

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Spring / Summer
1-4 years



Preparation time: None
Cooking time: 15 minutes

Vegetable accompaniments

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	50g	200g
Tomato	150g	760g
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)

Typical portion size for 1-4 years: 40g

Additional recipe: try instead of tomato relish

Method

1. Chop the onion, tomato and coriander.
2. Combine the ingredients in a large mixing bowl.

Serving suggestion: Serve with lemon and pepper chicken and brown rice.

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1-4 years