

African sweet potato and bean stew



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Sweet potato	150g	600g
Green beans	50g	200g
Fresh parsley	5g (2-3 sprigs)	20g (1 small bunch)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Canned kidney beans, no added sugar or salt, drained	250g (1 x 400g can)	1kg (4 x 400g cans)
Peanut butter	30g	120g
Chilli powder	3g (1 teaspoon)	12g (4 teaspoons)
Water	150ml	600ml

Typical portion size for 1-4 years: 160g

Additional recipe: try in place of bean and veggie sausage pasta bake

Method

1. Chop the onion, pepper and sweet potato. Trim the beans and cut in half. Roughly chop the parsley.
2. Heat the oil in a pan. Add the onion and cook for 3-4 minutes.
3. Add the remaining ingredients (except the parsley), bring to the boil and then simmer for about 20 minutes until the vegetables are cooked. Stir in the parsley before serving.

Serving suggestion: Serve with a slice of wholemeal bread and spread.

Infants 7-12 months

Typical portion size:

About 60g stew.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the stew until it is smooth with soft lumps. Serve with fingers of toast or bread.

Serving to infants 10-12 months:

Chop or mince the stew to the desired consistency. Serve with fingers of toast or bread.

* **Allergy Information:** Contains peanuts*

* 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

Aubergine and mixed bean balti



L

Preparation time: 10 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Aubergine	125g (½ medium)	500g (2 medium)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Curry powder	18g (2 tablespoons)	72g (8 tablespoons)
Garlic puree	6g (1 teaspoon)	24g (4 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Plain flour	25g (1 tablespoon)	100g (4 tablespoons)
Boiling water	100ml	400ml
Sultanas	25g (1 tablespoon)	100g (4 tablespoons)
Canned mixed beans, no added sugar or salt, drained	250g (1 x 400g can)	1kg (4 x 400g cans)

Typical portion size for 1-4 years: 120g

Additional recipe: try in place of Thai tofu curry, or another vegetarian bean dish.

Method

1. Chop the onion and aubergine.
2. Heat the oil in a pan.
3. Add the onion and cook for 3-4 minutes.
4. Add the aubergine and cook for 2-3 minutes.
5. Then add the curry powder, garlic and tomato purée and cook for a further 1-2 minutes.
6. Add the flour and stir well until the vegetables are coated.
7. Add the water, sultanas and beans, bring to the boil and simmer for 10 -15 minutes or until all the vegetables and beans are cooked.

Serving suggestion: Serve with around 90g cooked white or brown rice.

Infants 7-12 months

Typical portion size:

About 60g Balti, with 30-40g cooked rice.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the balti with cooked rice until it is smooth with soft lumps. Serve with a vegetable finger food.

Serving to infants 10-12 months:

Chop or mince the balti with cooked rice to the desired consistency. Serve with a vegetable finger food.

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

* 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: 10 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Pepper, deseeded	80g (½ medium)	320g (2 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Quorn™ pieces	200g	800g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Mustard powder	1g (¼ teaspoon)	4g (1 teaspoon)
Chilli powder	1g (¼ teaspoon)	4g (1 teaspoon)
Ground ginger	1g (¼ teaspoon)	4g (1 teaspoon)
Malt vinegar	15ml (1 tablespoon)	60ml (4 tablespoons)
Frozen sweetcorn	35g	140g
Cornflour	1g (¼ teaspoon)	4g (1 teaspoon)

Typical portion size for 1-4 years: 90g

Included in: Spring/summer menu

Method

1. Chop the onion, garlic and pepper.
2. Heat the vegetable oil in a saucepan.
3. Add the onions, garlic and peppers and cook for 3-4 minutes until starting to soften.
4. Add the Quorn™ and cook for a few minutes.
5. Add the canned tomatoes, mustard powder, chilli powder, ginger and vinegar. Simmer for 20 minutes.
6. Add the sweetcorn and thicken with cornflour and water if required. Cook for a further 5 minutes or until all the vegetables and the Quorn™ is cooked through.

Serving suggestion: Serve with new potatoes and roasted vegetables.

Infants 7-12 months

Typical portion size:

About 45g soya pieces and sauce, plus 30-40g new potatoes and 25g vegetables.

Recipe adaptations:

Swap the Quorn™ for soya pieces for infants under 12 months.

Serving to infants 7-9 months:

Blend or mash the cooked soya with cooked new potatoes until it is smooth with soft lumps. Serve with roast vegetables as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked soya with cooked new potatoes to the desired consistency. Serve with roast vegetables as a finger food.

* **Allergy Information:** Contains barley (gluten), egg, mustard*

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Spring / Summer
1-4 years



Bean and mushroom stroganoff



L

Preparation time: 15 minutes

Cooking time: 20 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	75g (½ medium)	300g (2 medium)
Garlic, peeled	4g (1 clove)	20g (4 cloves)
Mushrooms	160g	640g
Gherkin	15g	60g
Fresh parsley	2g (2-3 sprigs)	8g (8-10 sprigs)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Peas	50g	200g
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Wholemeal flour	35g (2 level tablespoons)	140g
Tomato purée	30g (2 tablespoons)	120g
Canned cannellini beans, no added sugar or salt, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Plain whole milk yoghurt	75g (2 tablespoons)	300g

Typical portion size for 1-4 years: 130g
Included in: Spring/summer menu

Method

1. Chop the onion, garlic, mushrooms and gherkin. Roughly chop the parsley.
2. Heat oil in a pan. Add the onions and garlic, cook for 3-4 minutes until soft.
3. Add the mushrooms and cook for 2-3 minutes.
4. Add paprika, flour and tomato purée, coating all the vegetables and cook for 2 minutes.
5. Then add the beans, gherkins and yoghurt and combine well to make the sauce. Simmer for 5 minutes.
6. Stir in the chopped parsley before serving.

Serving suggestion: Serve with white or brown rice.

Infants 7-12 months

Typical portion size:

About 60g stroganoff with 30-40g rice and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked stroganoff with white rice until it is smooth with soft lumps. Serve with cooked sugar snap peas as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked stroganoff with white rice to the desired consistency. Serve with cooked sugar snap peas as a finger food.

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

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Spring / Summer
1-4 years



Bean and pea risotto



L

Preparation time: 10 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	80g (½ medium)	320g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh parsley	5g (2-3 sprigs)	20g (1 bunch)
Vegetable stock cube, reduced salt	½ stock cube	2 stock cubes
Boiling water	300ml	1.2l
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Frozen peas	200g	800g
Soya beans	200g	800g
White rice	145g	580g

Typical portion size for 1-4 years: 180g

Included in: Spring/summer menu

Method

1. Dice the onion and garlic and finely chop the parsley.
2. Dissolve the stock cube into the boiling water.
3. Meanwhile, heat the oil in a pan and add the onion. Cook for 1-2 minutes.
4. Add the peas, soya beans and rice and stir. Add the stock until the rice and vegetables are covered and stir. Leave to simmer until the majority of the stock has been absorbed.
5. Check to see if the rice is cooked, if not, add more water and continue to simmer until cooked.
6. Sprinkle with parsley.

Serving suggestion: Use different seasonal vegetables.

Infants 7-12 months

Typical portion size:

About 100g risotto with 25g vegetables.

Recipe adaptations:

Cook without the stock cube when serving to infants under 12 months.

Serving to infants 7-9 months:

Blend or mash the cooked risotto until it is smooth with soft lumps. Serve with cooked red pepper sticks as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked risotto to the desired consistency. Serve with cooked red pepper sticks as a finger food.

* **Allergy Information:** Contains celery, egg, milk, soya wheat (gluten)*

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Spring / Summer
1-4 years



Bean and vegetable pie



L

Preparation time: 45 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
White, floury potatoes, peeled	450g	1.8kg
Vegetable oil spread	5g	20g
Semi skimmed milk	15ml	60ml
Onion, peeled	30g (½ small)	120g (2 small)
Carrot, peeled	30g (1 small)	120g (1 large)
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1x 400g can)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Water	150ml	600ml
Dried mixed herbs,	1g (1 teaspoon)	4g (4 teaspoons)
Canned red kidney beans, no added salt or sugar, drained	240g (1 x 400g can)	960g (4 x 400g cans)

Typical portion size for 1-4 years: 210g
Included in: Autumn/winter menu

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the potato into 2cm cubes. Boil in water for 15 minutes or until soft.
3. Drain the potatoes and then mash with the vegetable oil spread and milk until a smooth consistency is formed.
4. Chop the onion and carrot. Heat the oil in a large saucepan and add the onion. Cook for 5 minutes or until soft.
5. Add the carrots, canned tomatoes, tomato purée, water, mixed herbs and kidney beans. Bring to the boil.
6. Pour the mixture into a large ovenproof dish and top with the mashed potato. Bake in the oven for 30 minutes or until piping hot throughout.

Serving suggestion: Serve with red cabbage and runner beans.

Infants 7-12 months

Typical portion size:

About 100g pie, plus 25g runner beans as a finger food.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked pie until it is smooth with soft lumps. Serve with runner beans as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked pie with cooked new potatoes to the desired consistency. Serve with runner beans as a finger food.

* **Allergy Information:** Contains milk*

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Autumn / Winter
1-4 years



Bean and veggie sausage wholemeal pasta bake



L

Preparation time: 10 minutes

Cooking time: 20 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Carrot, peeled	80g (1 medium)	320g (4 medium)
Wholemeal pasta	200g	800g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Vegetarian sausage	150g (2 ½ sausages)	600g (10 sausages)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Canned red kidney beans, no added sugar or salt, drained	130g (½ x 400g can)	520g (2 x 400g cans)
Frozen peas	100g	400g

Typical portion size for 1-4 years: 240g

Included in: Spring/summer menu

Method

1. Finely chop the onion, garlic and carrot.
2. Cook the pasta according to the manufacturer's instructions, then drain.
3. Meanwhile, heat the oil in a pan and add the onions, garlic and carrot. Cook for 1-2 minutes until they start to soften.
4. Add the sausages, chopped tomatoes, drained beans and peas to the pan and stir well. Bring to the boil and simmer for 15 minutes or until the sausages and vegetables are cooked.
5. Stir in the pasta to combine well.

Serving suggestion: Swap the pasta for potatoes to make a hotpot.

Infants 7-12 months

Typical portion size:

About 100g pasta bake with 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked pasta bake until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked pasta bake to the desired consistency. Serve with cooked broccoli florets as a finger food.

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

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Spring / Summer
1-4 years



Butterbean goulash



L

Preparation time: 10 minutes

Cooking time: 35 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Mushrooms	40g (4 medium)	160g (8 large)
Carrots, peeled	40g (½ medium)	160g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned butterbeans, no added salt or sugar, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Paprika	9g (1 tablespoon)	36g (4 tablespoons)
Canned chopped tomatoes	400g (1 x 400g can)	1.6kg (4 x 400g cans)
Water	150ml	600ml

Typical portion size for 1-4 years: 160g

Included in: Autumn/winter menu

Method

1. Chop the vegetables and garlic.
2. Heat the oil in a pan and add the onions. Cook for a few minutes.
3. Add the pepper, mushrooms, carrot, garlic, beans, paprika, canned tomatoes and water and stir well. Cover and simmer for 30 minutes.

Serving suggestion: Serve with brown rice and green beans.

Infants 7-12 months

Typical portion size:

About 60g goulash with 30-40g brown rice and 25g green beans.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked goulash with cooked brown rice until it is smooth with soft lumps. Serve with green beans as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked goulash with cooked brown rice to the desired consistency. Serve with green beans as a finger food.

* **Allergy Information:** Contains sulphites*

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Autumn / Winter
1-4 years



Channa aloo



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	75g (1 small)	300g (2 medium)
Potato, peeled	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Garlic purée	5g (1 teaspoon)	20g (4 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can)	960g (4 x 400g cans)

Typical portion size for 1-4 years: 90g
Additional recipe: try in place of mixed bean tagine or bean goulash.

Method

1. Chop the onion and potato.
2. Boil the potatoes until tender, and then drain.
3. Heat the oil in a pan, add the onion, spices and garlic purée and cook for 3-4 minutes.
4. Add the tomato purée, chickpeas and potatoes and stir well. Simmer for 5 minutes until cooked through.

Serving suggestion: Serve around pilau rice and Masoor dhal.

Infants 7-12 months

Typical portion size:

About 60g channa aloo, with 30-40g rice and 40g dhal.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the channa aloo with cooked rice until it is smooth with soft lumps.

Serving to infants 10-12 months:

Chop or mince the channa aloo with cooked rice to the desired consistency.

* **Allergy Information:** Contains sulphites*

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1-4 years

Cheese and mushroom cakes



L

Preparation time: 10 minutes

Cooking time: 45 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potatoes, peeled	150g	600g
Leeks	60g (½ small)	320g (2 small)
Mushrooms	50g	200g
Fresh chives	5g (3-5 sprigs)	20g (1 small bunch)
Cheddar cheese	75g	300g
Egg	50g (1)	200g (4)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Plain flour	60g (2 heaped tablespoons)	250g (8 heaped tablespoons)
Wholemeal breadcrumbs	50g	200g

Typical portion size for 1-4 years: 110g

Included in: Autumn/winter menu

Method

1. Pre-heat oven to 180°C/350°F/Gas mark 4.
2. Dice the potatoes then boil until tender. Drain and then mash them.
3. Finely slice the leeks and dice the mushrooms. Roughly chop the chives.
4. Grate the cheese. Beat the egg.
5. Heat the oil in a pan and add the leeks and mushrooms. Cook until softened.
6. Add the cheese, leeks, mushrooms and chives to the mashed potato. Mix well.
7. Divide the mixture into 10 or 40, and shape into patties (cheese and mushroom cakes).
8. Into separate bowls, place the flour, beaten eggs and the breadcrumbs. Coat each cake in turn in the flour, egg and then breadcrumbs.
9. Place on a baking tray and bake in the oven for 15-20 minutes, or until the breadcrumbs are golden brown.

Serving suggestion: Serve with potato wedges and spinach.

Infants 7-12 months

Typical portion size:

About 65g cheese and mushroom cakes with 30-40g potato wedges and 25g spinach.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked cakes until smooth with soft lumps. Serve with potato wedges and spinach.

Serving to infants 10-12 months:

Chop or mince the cooked cakes to the desired consistency. Serve with potato wedges and spinach.

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

* 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.

Autumn / Winter
1-4 years



Cheese and vegetable pie



L

Preparation time: 10 minutes

Cooking time: 45 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Carrot, peeled	80g (1 medium)	320g (4 medium)
Celery	25g (1 stick)	100g (4 sticks)
Cheddar cheese	75g	300g
Vegetable stock cube, reduced salt	3g (½ cube)	12g (2 cubes)
Boiling water	100ml	400ml
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Vegetable oil spread	20g	80g
Plain flour	25g (1 tablespoon)	100g (4 tablespoons)
Semi-skimmed milk	40ml	160ml
Frozen peas	40g	160g
Puff pastry	50g	200g

Typical portion size for 1-4 years: 120g

Included in: Spring/summer menu

Method

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Dice the carrots and celery. Grate the cheese
3. Make up the stock.
4. Heat the oil in a pan and add the carrots and celery and cook for a further 3-4 minutes. Set aside.
5. Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour and cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.
6. Add the cheese, carrots, celery, peas and stock stirring well to combine. Simmer on a low heat for 5 minutes.
7. On a floured surface, roll out the pastry.
8. Pour the cheese and vegetable mixture into an ovenproof dish and top with the pastry. Trim the edges. Bake in the oven for 30 minutes or until pastry is golden.

Serving suggestion: Serve with roast potatoes and spring greens.

Infants 7-12 months

Typical portion size:

About 60g pie filling with 30-40g potatoes and 25g vegetables.

Recipe adaptations:

Cook without the stock cube when serving to infants under 12 months, and serve without the pastry topping.

Serving to infants 7-9 months:

Cook without the stock cube when serving to infants under 12 months, and serve without the pastry topping.

Serving to infants 10-12 months:

Chop or mince the cooked filling to the desired consistency. Serve with sliced roast potato as a finger food.

* **Allergy Information:** Contains celery, egg, milk, sulphites, wheat (gluten)*

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Spring / Summer
1-4 years



Chickpea and spinach curry



L

Preparation time: 10 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	80g (½ medium)	320g (2 medium)
Fresh tomatoes	40g	160g
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Canned chickpeas, no added salt or sugar, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Tomato purée	20g (1 tablespoon)	80g (4 tablespoons)
Ground turmeric	3g (1 teaspoon)	12g (4 teaspoons)
Chilli powder	3g (1 teaspoon)	12g (4 teaspoons)
Curry powder	3g (1 teaspoon)	12g (4 teaspoons)
Tap water	150ml	600ml
Fresh spinach	80g	320g

Typical portion size for 1-4 years: 130g

Included in: Spring/summer menu

Method

1. Chop the onion and tomatoes.
2. Heat oil in pan add the onion and tomatoes and cook for 5 minutes.
3. Add the chickpeas, tomato purée, turmeric, chilli powder, curry powder and water. Bring to the boil and simmer for 20 minutes until the vegetables are soft.
4. Add the spinach and cook for a further 3-4 minutes.

Serving suggestion: Serve with white or brown rice and naan bread.

Infants 7-12 months

Typical portion size:

About 60g curry with 30-40g rice and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked curry with white rice until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked curry with white rice to the desired consistency. Serve with cooked broccoli florets as a finger food.

* **Allergy Information:** Contains mustard, sulphites*

* 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.

Spring / Summer
1-4 years



Chickpea korma



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Korma curry paste*	40g	160g
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Coconut milk, standard	200ml (½ x 400ml can)	800ml (2 x 400ml cans)
Frozen peas	150g	600g
Desiccated coconut	10g	40g

Typical portion size for 1-4 years: 140g

Included in: Autumn/winter menu

*If the setting is nut-free, check the ingredients in the korma paste for presence of nuts – some korma pastes contain almonds, and some can contain peanuts.

Method

1. Chop the onion and garlic.
2. Heat oil in large pan, add onions and garlic and cook for a few minutes until softened.
3. Add the korma paste and cook out for a few minutes.
4. Add the chickpeas, coconut milk, frozen peas, desiccated coconut and bring to the boil. Simmer until the sauce has thickened.

Serving suggestion: Serve with brown rice.

Infants 7-12 months

Typical portion size:

About 60g curry with 30-40g brown rice and 25g green beans.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked korma with cooked brown rice until it is smooth with soft lumps. Serve with green beans as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked korma with cooked brown rice to the desired consistency. Serve with green beans as a finger food.

* **Allergy Information:** Contains almonds, mustard, sulphites*

* 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.

Autumn / Winter
1-4 years



Creamy Quorn™ and leek hotpot



L

Preparation time: 15 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Leek	100g	400g
Carrot, peeled	100g	400g
Potato, peeled	450g	1.8kg
Green beans	50g	200g
Quorn™ pieces	250g	1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Water	200ml	800ml
Cream cheese	75g	300g

Typical portion size for 1-4 years: 240g

Autumn/winter menu

Method

1. Chop the leeks, carrots and potatoes. Trim and halve the beans.
2. Heat the oil in a large pan. Add the Quorn™ pieces and fry for 2 to 3 minutes.
3. Add the leeks, carrots, potatoes, green beans and water, bring to the boil and simmer for about 20 minutes until the vegetables are cooked.
4. Turn off the heat, stir in the cream cheese.

Serving suggestion: Serve with cooked broccoli.

Infants 7-12 months

Typical portion size:

About 100g hot pot with 25g broccoli.

Recipe adaptations:

Make using soya pieces or soya mince if serving to infants under 12 months.

Serving to infants 7-9 months:

Blend or mash the cooked hot pot until it is smooth with soft lumps. Serve with broccoli as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked hot pot to the desired consistency. Serve with broccoli as a finger food.

* **Allergy Information:** Contains egg, milk*

* 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.

Autumn / Winter
1-4 years



Jamaican bean curry



L

Preparation time: 15 minutes

Cooking time: 20 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potatoes, peeled	75g	300g
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Plantain, peeled	50g (½ medium)	200g (1 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Water	100ml	400ml
Curry powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Canned tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Black-eye beans	250g (1 x 400g can, drained)	1kg (4 x 400g cans, drained)
Frozen peas	50g	200g

Typical portion size for 1-4 years: 140g

Additional recipe: try in place of bean goulash

Method

1. Dice the potatoes. Boil for 10-15 minutes in unsalted water until cooked. Then drain.
2. Meanwhile, chop the onions, peppers, garlic and plantain.
3. Heat the oil in a pan and add the onions and peppers and cook for 5 minutes until softened.
4. Stir in garlic, water, curry powder, tomatoes, beans and plantain.
5. Bring to the boil and then reduce the heat and simmer for 10 minutes until slightly thickened.
6. Add the peas and potatoes. Cook gently for a further 5-10 minutes until the beans and vegetables are cooked.

Serving suggestion: Serve with around 90g cooked brown rice.

Infants 7-12 months

Typical portion size:

about 60g with 30-40g rice.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the curry with cooked rice until it is smooth with soft lumps. Serve with a vegetable finger food.

Serving to infants 10-12 months:

Chop or mince the curry with cooked rice to the desired consistency. Serve with a vegetable finger food.

* **Allergy Information:** Contains mustard*

* 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

Lentil moussaka



L

Preparation time: 10 minutes

Cooking time: 40 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Aubergine	130g	520g
Mozzarella	20g	80g
Vegetable oil	5g (1 tsp)	20g (2 tablespoons)
Dried red lentils	60g	240g
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Tomato purée	25g (1½ tablespoons)	100g (6½ tablespoons)
Water	150ml	600ml
Ground cinnamon	1.5g (½ teaspoon)	2g (2 teaspoons)
Mixed dried herbs	0.5g (½ teaspoon)	2g (2 teaspoons)
Cream cheese	50g	200g
Egg	25g (½ egg)	100g (2 eggs)
Greek whole milk yoghurt	60g (1½ tablespoons)	240g (5½ tablespoons)

Typical portion size for 1-4 years: 160g

Included in: Spring/summer menu

Method

1. Pre-heat the grill to high.
2. Chop the onion and garlic. Slice the aubergines and grate the mozzarella.
3. Heat the oil in a large pan and add the onions and garlic. Cook for 1-2 minutes.
4. Add the lentils, canned tomatoes, tomato purée, water, cinnamon and herbs. Stir well, and simmer for 20 minutes or until the lentils are cooked.
5. Meanwhile, prick the aubergine with a fork and microwave for 3-5 mins until soft.
6. Mix the cream cheese, egg and yoghurt together.
7. Transfer tomato mixture to a large ovenproof dish. Slice the aubergines and arrange on top. Pour over the yoghurt mixture and sprinkle with grated cheese.
8. Place under the grill until the topping has set and turned golden.

Serving suggestion: Serve with garlic bread and mixed salad.

Infants 7-12 months

Typical portion size:

About 100g moussaka with about 20g toast fingers and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked moussaka until it is smooth with soft lumps. Serve with toast fingers and carrot batons as a finger food.

Serving to infants 10-12

months: Chop or mince the cooked moussaka to the desired consistency. Serve with toast fingers and carrot batons as a finger food.

* **Allergy Information:** Contains egg, milk*

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Spring / Summer
1-4 years



Lentil, potato and spinach curry



L

Preparation time: 10 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potato, peeled	200g	800g
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh tomato	80g (1 medium)	320g (4 medium)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	6g (2 teaspoons)	24g (2½ tablespoons)
Dried red lentils	60g	240g
Coconut milk, standard	60ml	240ml
Water	125ml	500ml
Spinach	50g	200g
Plain whole milk yoghurt	15g (1 teaspoon)	60g (1½ tablespoon)

Typical portion size for 1-4 years: 120g

Included in: Spring/summer menu

Method

1. Chop the potatoes, onion, garlic and tomatoes.
2. Heat vegetable oil in a pan. Add the curry powder and cook for 1-2 minutes.
3. Add the onions and garlic and cook for a further 3-4 minutes to soften.
4. Add the lentils, potatoes, tomatoes, coconut milk and water and simmer until the potatoes and lentils are cooked.
5. Add spinach and yoghurt. Stir well and cook for 5 minutes.

Serving suggestion: Serve with couscous.

Infants 7-12 months

Typical portion size:

About 60g curry with 30-40g cooked couscous and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked curry with couscous until it is smooth with soft lumps. Serve with cooked cauliflower florets as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked curry with couscous to the desired consistency. Serve with cooked cauliflower florets as a finger food.

* **Allergy Information:** Contains milk, mustard*

* 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.

Spring / Summer
1-4 years



Lentil ratatouille



L

Preparation time: 15 minutes

Cooking time: 35 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	4g (1 clove)	8g (2 cloves)
Mushrooms	30g (3 medium)	120g (6 large)
Courgette	50g (½ medium)	200g (2 medium)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Dried oregano	0.25g (¼ teaspoon)	1g (1 teaspoon)
Dried thyme	0.25g (¼ teaspoon)	1g (1 teaspoon)
Water	200ml	800ml
Dried red lentils	60g	240g

Typical portion size for 1-4 years: 110g

Included in: Autumn/winter menu

Method

1. Chop the onion, garlic, mushrooms and courgette.
2. Put the onion, garlic, mushrooms, courgettes, canned tomatoes, oregano, thyme, lentils and water into a large saucepan, bring to the boil and then simmer until all the vegetables are cooked (approximately 30 minutes).

Serving suggestion: Serve with pasta.

Infants 7-12 months

Typical portion size:

About 70g lentil ratatouille, with 30-40g pasta.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked lentils and vegetables until it is smooth with soft lumps. Serve with cooked pasta as a finger food, or mash the pasta with the vegetables.

Serving to infants 10-12 months:

Chop or mince the cooked lentils and vegetables to the desired consistency. Serve with cooked pasta as a finger food, or chop the pasta with the vegetables.

* **Allergy Information:** None

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Autumn / Winter
1-4 years



Mixed bean and root vegetable stew



L

Preparation time: 10 minutes

Cooking time: 45 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Parsnip, peeled	45g (1 small)	180g (2 small)
Carrot, peeled	60g (1 medium)	240g (2 medium)
Fresh basil	5g (2-3 sprigs)	20g (1 small bunch)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Tomato purée	8g (½ tablespoon)	32g (2 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Canned kidney beans, no added salt or sugar, drained	60g (½ x 200g can)	240g (1 x 400g can)
Canned haricot beans, no added salt or sugar, drained	60g (½ x 200g can)	240g (1 x 400g can)
Canned butter beans, no added salt or sugar, drained	60g (½ x 200g can)	240g (1 x 400g can)
Water	100ml	400ml

Typical portion size for 1-4 years: 130g

Included in: Autumn/winter menu

Method

1. Dice the onion and garlic. Chop the parsnip and carrot into 2cm cubes. Roughly chop the basil.
2. Heat the oil in a large pan, add the onion and garlic, cook for 5 minutes until the onion softens.
3. Add the parsnips, carrot, tomato purée, canned tomatoes, beans and water, bring to the boil and leave to simmer for 30-40 minutes until the vegetables are soft. Stir through the basil before serving.

Serving suggestion: Serve with apricot and herb couscous.

Infants 7-12 months

Typical portion size:

About 60g stew, with 30-40g couscous and 25g carrot sticks.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked stew with cooked couscous until it is smooth with soft lumps. Serve with cooked carrot sticks as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked stew with cooked couscous to the desired consistency. Serve with cooked carrot sticks as a finger food.

* **Allergy Information:** Contains sulphites*

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Autumn / Winter
1-4 years



Mixed bean tagine



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned mixed beans, no added salt or sugar, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Dried apricots	25g (1 tablespoon)	100g (4 tablespoons)
Sultanas	20g (1 tablespoon)	80g (4 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Mixed spice	3g (1 teaspoon)	12g (4 teaspoons)
Water	250ml	600ml

Typical portion size for 1-4 years: 140g

Included in: Autumn/winter menu

Method

1. Dice the onion. Deseed and slice the peppers.
2. Heat the oil in a pan and add the onion and peppers and cook for 5 minutes.
3. Add the mixed beans, dried apricots, sultanas, canned tomatoes and mixed spice. Bring to the boil and simmer for 20 minutes or until the vegetables are soft.

Serving suggestion: Serve with vegetable couscous.

Infants 7-12 months

Typical portion size:

About 60g tagine with 30-40g couscous and 25g green beans.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked tagine with cooked couscous until it is smooth with soft lumps. Serve with green beans as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked tagine with cooked couscous to the desired consistency. Serve with green beans as a finger food.

* **Allergy Information:** Contains sulphites*

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Autumn / Winter
1-4 years



Omelette popovers



L

Preparation time: 10 minutes

Cooking time: 20 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	40g (1/2 small)	150g (1 medium)
Cheddar cheese	70g	280g
Frozen peas	75g	300g
Dried chives or mixed herbs	0.25g (1/4 teaspoon)	1g (1 teaspoon)
Eggs	150g (3 eggs)	600g (12 eggs)
Black pepper	0.5g	2g
Water	10ml (2 teaspoons)	30ml (2 tablespoons)

Typical portion size for 1-4 years: 60g

Included in: Spring/summer menu

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4. Spray the holes of a muffin tin with spray oil, or lightly grease.
2. Peel and finely chop the onion and divide equally between the holes. Put in the oven for 5 minutes.
3. Meanwhile, weigh and grate the Cheddar cheese. Put the peas into a medium bowl and add the grated cheese and herbs.
4. Add the eggs, black pepper and water to the bowl, and mix with a fork.
5. Remove the muffin tin from the oven, divide the mixture between the holes and stir.
6. Return to the oven for 15 minutes or until golden brown on the top. Allow to cool for 5 minutes and then remove from the tin.

Serving suggestion: Serve with new potatoes and green beans.

Infants 7-12 months

Typical portion size:

One omelette popover with 30-40g new potatoes and 25g green beans.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the popover until it is smooth with soft lumps, or slice and serve as a finger food.

Serving to infants 10-12 months:

Chop or mince the popover to the desired consistency, or slice and serve as a finger food.

* **Allergy Information:** Contains egg, milk*

* 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.

Spring / Summer
1-4 years



Pasta primavera



L

Preparation time: 10 minutes

Cooking time: 15 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Courgette	40g (½ medium)	160g (1 large)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Leeks	30g (¼ medium)	120g (1 medium)
Mushrooms	75g	300g
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Wholemeal pasta	200g	800g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Green pesto	30g	120g
Cream cheese	40g	160g
Semi-skimmed milk	50ml	200ml
Canned haricot beans, no added sugar or salt, drained	230g (1 x 400g can)	920g (4 x 400g cans)

Typical portion size for 1-4 years: 200g

Included in: Spring/summer menu

Method

1. Chop the courgette, peppers, leeks, mushrooms and garlic.
2. Boil the pasta according to the manufacturer's instructions then drain.
3. Meanwhile, heat the oil in pan. Add the chopped, vegetables and garlic and cook for 5 minutes.
4. Add the pesto, cream cheese and milk and simmer for 10 minutes.
5. Add the haricot beans and drained pasta and stir well.

Serving suggestion: Serve with garlic bread.

Infants 7-12 months

Typical portion size:

About 100g pasta plus
25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked dish until it is smooth with soft lumps. Serve with courgette batons as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked dish to the desired consistency. Serve with courgette batons as a finger food.

* **Allergy Information:** Contains cashew nuts, egg, milk, sulphites, wheat (gluten)*

* 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.

Spring / Summer
1-4 years



Quorn™ fillets and parsley sauce



L

Preparation time: None

Cooking time: Dependent on method used

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Quorn™ roast or fillets	250g	1kg
Fresh parsley	5g (3-5 sprigs)	20g (1 small bunch)
Vegetable oil spread	20g	80g
Plain flour	15g (½ heaped tablespoon)	60g (2 heaped tablespoons)
Semi skimmed milk	250ml	1L

Typical portion size for 1-4 years: 110g
Included in: Spring/summer menu

Method

1. Cook the Quorn™ according to the instructions on the packet. Cooking times will vary depending on the product used.
2. Roughly chop the parsley.
3. Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1-2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened. Stir in the chopped parsley.

Serving suggestion: Serve with new potatoes and vegetables.

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

* 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.

Spring / Summer
1-4 years



Quorn™ fillet, root vegetables and gravy



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Carrot, peeled	70g (1 medium)	280g (2 large)
Parsnip, peeled	75g (1 small)	300g (4 small)
Vegetable oil	5ml (1 teaspoon)	30ml (2 tablespoons)
Quorn fillets	250g	1kg
Vegetarian gravy mix, reduced salt	4g (1 teaspoon)	15g (1 tablespoon)
Tap water	100ml	400ml

Typical portion size for 1-4 years: 100g

Included in: Autumn/winter menu

Method

1. Preheat the oven 200°C/400°F/Gas mark 6.
2. Chop the onion, carrots and parsnips and place them in a large roasting tray, pour over the oil and turn the vegetables with a spoon to ensure they are evenly coated.
3. Place the Quorn™ fillets on top of the vegetables. Roast in the oven for 20-25 minutes and until the vegetables are soft.
4. Make the gravy up according to the instructions.
5. Slice the Quorn™ and serve with the vegetables and gravy.

Serving suggestion: Serve with roast potatoes.

Infants 7-12 months

Typical portion size:

About 30g veggie sausages, 25g roast vegetables and 30-40g roast potatoes.

Recipe adaptations:

For infants under 1 year, serve veggie sausages (eg soya sausages) instead of Quorn™ with the vegetables, and serve without gravy.

Serving to infants 7-9 months:

Mash or finely chop the cooked sausages with the cooked potatoes until smooth with soft lumps. Serve with the roast vegetables as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked sausages with cooked potatoes to the desired consistency. Serve with roast vegetables as a finger food.

* **Allergy Information:** Contains barley (gluten), celery, egg, milk, soya, wheat (gluten)*

* 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.

Autumn / Winter
1-4 years



Soya mince and apple ragu



L

Preparation time: 10 minutes

Cooking time: 20 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	120g (1 medium)	480g (2 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Eating apples	100g (1)	400g (4)
Vegetable oil	10ml (2 teaspoons)	45ml (3 tablespoons)
Soya mince (frozen)	200g	800g
Thyme, dried	1g (1 teaspoon)	3g (1 tablespoon)
Water	125ml	500ml
Plain whole milk yoghurt	40g (1 tablespoon)	160g (4 tablespoons)

Typical portion size for 1-4 years: 120g
Spring/summer menu

Method

1. Preheat the oven to 180°C/ 350°F/Gas Mark 4.
2. Chop the onion and garlic. Core, quarter and slice the apples
3. Heat the oil in a pan over a medium heat, add the onions and cook until softened.
4. Add the frozen soya mince, and cook with the onion for 3-4 minutes, then add the garlic and thyme.
5. Add the apples to the pan with the water. Bring to the boil and simmer until the apples are soft.
6. Remove from the heat and stir in the yoghurt.

Serving suggestion: Serve with new potatoes, broad beans and courgette.

Infants 7-12 months

Typical portion size:

About 65g ragu with 30-40g potatoes and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked ragu with cooked new potatoes until it is smooth with soft lumps. Serve with broad beans and courgette batons as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked ragu with cooked new potatoes to the desired consistency. Serve with broad beans and courgette batons as a finger food.

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

* 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.

Spring / Summer
1-4 years



Spiced chickpea tagine



L

Preparation time: 10 minutes

Cooking time: 35 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Ground mixed spice	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground ginger	1.5g (½ teaspoon)	6g (2 teaspoons)
Dried red lentils	25g	100g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Water	250ml	1L
Lemon juice	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Sultanas	15g (½ tablespoon)	60g (2 tablespoons)
Dried apricots	20g (¾ tablespoon)	80g (3 tablespoons)

Typical portion size for 1-4 years: 130g

Additional recipe: try in place of bean and root vegetable stew.

Method

1. Dice the onion.
2. Heat a pan, add the onion and cook for 3-4 minutes until soft.
3. Add the mixed spice, ginger and lentils. Gradually add the canned tomatoes, water and lemon juice. Simmer for 20 minutes. Adding more water if required.
4. Add the chickpeas, sultanas and apricots and simmer for a further 10 minutes.

Serving suggestion: Serve with around 90g cooked couscous.

Infants 7-12 months

Typical portion size:

About 60g tagine with 30-40g couscous.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the tagine with cooked couscous until it is smooth with soft lumps. Serve with a vegetable finger food.

Serving to infants 10-12 months:

Chop or mince the tagine with cooked couscous to the desired consistency. Serve with a vegetable finger food.

* **Allergy Information:** Contains sulphites*

* 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

Surbiyaan: Somali chickpea curry



L

Preparation time: 10 minutes

Cooking time: 40 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh tomato	250g	1.1kg
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Ground coriander	1.5g (½ teaspoon)	6g (2 teaspoons)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Water	10ml (2 teaspoons)	40ml (2 tablespoons)
Cinnamon stick	1 stick	2 sticks
Lemon juice	5ml (1 teaspoon)	20ml (2 tablespoons)
White rice	160g	640g

Typical portion size for 1-4 years: 200g

Additional recipe: try instead of mixed bean tagine

Method

1. Chop the onion, garlic and tomato.
2. Heat half the oil in the pan, add three quarters of the onions and the tomatoes and chickpeas and stir.
3. Add the coriander, cumin, garlic and two teaspoons of water to the pan and simmer for 2-3 minutes.
4. Add the cinnamon stick and the lemon juice. Allow to simmer for 5-10 minutes.
5. Meanwhile in a separate pan, cook the rice according to the manufacturer's instructions. Then drain.
6. Heat the remaining oil in a pan, add the remaining onion and cook for 5 minutes or until soft.
7. When the vegetables are cooked, remove from the heat.
8. In a large serving dish place a layer of rice, followed by a layer of vegetables and repeat, using up all of the vegetables and rice, finishing with a layer of vegetables.
9. Arrange the onion on top of the layered vegetable and rice and serve.

Serving suggestion: Serve with some raisins or sultanas.

Infants 7-12 months

Typical portion size:

About 100g (including the curry and rice).

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the curry and rice until it is smooth with soft lumps. Serve with a vegetable finger food.

Serving to infants 10-12 months:

Chop or mince the curry and rice to the desired consistency. Serve with a vegetable finger food.

* **Allergy Information:** Contains sulphites*

* 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

Sweet and spicy chickpea and date couscous



L

Preparation time: 10 minutes

Cooking time: 30 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Carrots, peeled	100g (1 medium)	400g (4 medium)
Dried dates	30g	120g
Couscous	175g	700g
Boiling water	225ml	900ml
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Water	100ml	400ml
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can, drained)	960g (4 x 400g cans, drained)
Ground cinnamon	3g (1 teaspoon)	12g (4 teaspoons)

Typical portion size for 1-4 years: 180g

Additional recipe: try instead of bean and pea risotto

Method

1. Chop the garlic, carrots and dates.
2. Make the couscous according to the manufacturer's instructions. Drain if necessary.
3. Heat the oil in a pan. Add the garlic and cook for 1-2 minutes.
4. Add the carrots, dates, tomatoes, half the water, chickpeas and cinnamon.
5. Bring to the boil and then simmer for 25 minutes until the sauce is reduced and thickened.
6. Add the couscous to the chickpeas and cook for a further 5 minutes adding the remaining water if required.

Serving suggestion: Serve the couscous separately and add some mild spice to it or sprinkle some fresh coriander.

Infants 7-12 months

Typical portion size:

About 100g (including couscous).

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the cooked tagine and couscous until it is smooth with soft lumps. Serve with a seasonal vegetable finger food.

Serving to infants 10-12 months:

Chop or mince the cooked tagine and couscous to the desired consistency. Serve with a seasonal vegetable finger food.

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

* 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

Sweet and sour tofu with noodles



L

Preparation time: 10 minutes

Cooking time: 10 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red pepper, deseeded	80g (½ medium)	320g (2 medium)
Spring onion	20g (2 onions)	80g (4 onions)
Onion, peeled	30g (½ small)	120g (2 small)
Baby sweetcorn	40g	160g
Dried egg noodles	215g	860g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Tofu	250g	1kg
Beansprouts	60g	240g
Canned pineapple, in juice, drained and juice reserved	70g (½ x 230g can)	280g (2 x 230g cans)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Malt vinegar	20ml (1 tablespoon)	80ml (4 tablespoons)
Cornflour	4g (1 teaspoon)	16g (4 teaspoons)
Water	10ml (1 dessertspoon)	40ml (4 dessertspoons)

Typical portion size for 1-4 years: 230g

Included in: Autumn/winter menu

Method

1. Deseed the peppers and slice with the spring onions, onion and baby sweetcorn.
2. Boil the noodles according to the manufacturer's instructions.
3. Heat the oil in a pan and add the onions, peppers and tofu and cook for 2-3 minutes.
4. Add the beansprouts, pineapple chunks, baby sweetcorn and spring onions and cook for another 2-3 minutes.
5. Add the tomato purée with half the reserved pineapple juice and vinegar.
6. Mix the cornflour with cold water and add to the sauce to thicken. Simmer for a few minutes. Add more of the pineapple juice to loosen the sauce if required.
7. Serve on a bed of noodles.

Serving suggestion: Allow children to try using chopsticks.

Infants 7-12 months

Typical portion size:

About 100g tofu and noodles.

Recipe adaptations:

Make with small pasta shapes instead of noodles to make it easier for infants to eat.

Serving to infants 7-9 months:

Blend or mash the cooked tofu and noodles/pasta until it is smooth with soft lumps. Retain the cooked pepper in strips and serve as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked tofu and noodles/pasta to the desired consistency. Serve with red pepper strips as a finger food.

* **Allergy Information:** Contains barley, egg, soya, wheat (gluten)*

* 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.

Autumn / Winter
1-4 years



Tanzanian bean stew



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Tomato	100g (1 medium)	400g (4 medium)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Fresh ginger, peeled	2g	8g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned kidney beans, no added sugar or salt, drained	250g (1 x 400g can)	1kg (4 x 400g cans)
Spinach	75g	300g

Typical portion size for 1-4 years: 100g

Additional recipe: try instead of bean pie

Method

1. Chop the onion, tomato and pepper. Grate the ginger
2. Heat the oil in a pan and add the onion. Cook for 3-4 minutes.
3. Add the ginger and cook for a further 1-2 minutes.
4. Add the beans, tomatoes and pepper and simmer until the tomatoes are cooked and the beans are tender.
5. Add the spinach and cook until wilted.

Serving suggestion: Serve with Roasted sweet potatoes and carrots.

Infants 7-12 months

Typical portion size:

About 60g with 30-40g cooked sweet potato.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the cooked stew until it is smooth with soft lumps. Serve with a vegetable finger food, and fingers of cooked sweet potato.

Serving to infants 10-12 months:

Chop or mince the cooked stew to the desired consistency. Serve with a vegetable finger food, and fingers of cooked sweet potato.

* **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

Thai tofu curry



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Mangetout	100g	400g
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)
Lime	10ml (½ lime)	40ml (2 limes)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Thai green curry paste*	5g (level teaspoon)	20g (1 tablespoon)
Tofu	250g	1kg
Coconut milk, standard	100ml	400ml

Typical portion size for 1-4 years: 90g

Included in: Spring/summer menu

* Check the label to ensure the curry paste does not contain fish when catering for vegetarians.

Method

1. Wash the mangetout and the fresh coriander. Grate the zest from the lime and squeeze the juice.
2. Finely chop the coriander.
3. Heat the oil in a large pan. Add the curry paste and cook for 1-2 minutes.
4. Add the mangetout and tofu and cook for 2 minutes.
5. Add the lime zest and coconut milk. Simmer for 10–15 minutes until the sauce starts to thicken.
6. Stir the coriander and lime juice into the sauce before serving.

Serving suggestion: Serve with rice and broccoli.

Infants 7-12 months

Typical portion size:

About 60g curry with 30-40g rice and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked curry with cooked white rice until it is smooth with soft lumps. Serve with cooked broccoli florets as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked curry with cooked new potatoes to the desired consistency. Serve with cooked broccoli florets as a finger food.

* **Allergy Information:** Contains soya*

* 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.

Spring / Summer
1-4 years



Tofu in tomato and pepper sauce



L

Preparation time: 10 minutes

Cooking time: 35 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Red pepper, deseeded	40g (¼)	160g (1 medium)
Green pepper, deseeded	80g (½)	320g (2 medium)
Fresh basil	3g (2-3 sprigs)	10g (small bunch)
Tofu	200g	800g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Canned chopped tomatoes	200g (1 x200g can)	800g (2 x 400g cans)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Dried mixed herbs	0.5g (½ teaspoon)	3g (3 teaspoons)

Typical portion size for 1-4 years: 125g

Included in: Spring/summer menu

Method

1. Chop the onion, garlic and peppers. Roughly chop the basil.
2. Dice the tofu.
3. Heat the oil in a saucepan. Add the onions and cook until starting to soften.
4. Add tofu and cook for a further 5 minutes.
5. Add the canned tomatoes, tomato purée, mixed herbs, cover and simmer for 10-15 minutes.
6. Add the peppers to the tomato sauce and cook for a further 10-15 minutes.

Serving suggestion: Serve with couscous and green beans.

Infants 7-12 months

Typical portion size:

About 60g tofu in sauce, with 30-40g cooked couscous and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked tofu and sauce with cooked couscous until it is smooth with soft lumps. Serve with cooked green beans as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked tofu and sauce with cooked couscous to the desired consistency. Serve with cooked green beans as a finger food.

* **Allergy Information:** Contains soya*

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Spring / Summer
1-4 years



Tomato and lentil lasagne



L

Preparation time: 50 minutes

Cooking time: 45 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	½ tablespoon	30ml (2 tablespoons)
Dried oregano	0.5g (½ teaspoon)	2g (2 teaspoons)
Tomato purée	30g (2 tablespoons)	120g (8 tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1x 400g can)
Water	400ml	1.6L
Red lentils, dried	60g	240g
Vegetable oil spread	20g	80g
Plain flour	20g	80g
Semi skimmed milk	200ml	800ml
Lasagne sheets	90g (5-6 sheets)	350g (21-22 sheets)
Cheddar cheese	30g	120g

Typical portion size for 1-4 years: 150g

Included in: Autumn/winter menu

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the onion and garlic.
3. Heat the oil in a large pan on a medium heat, add the onions and garlic, and cook for 5 minutes until the onion has softened. Then add the oregano, tomato purée, canned tomatoes, water and lentils and leave to simmer for 20 minutes.
4. Prepare a roux white sauce: in a separate pan melt the vegetable oil spread on a low heat. Once it has melted, stir in the flour cook on a low heat for 1–2 minutes. Gradually add the milk a little at a time stirring continuously, bringing the sauce to the boil until thickened.
5. In an ovenproof dish, layer the tomato and lentil mixture and lasagne sheets and top with a layer of white sauce.
6. Grate the cheese and sprinkle on the top. Bake in the oven for 45 minutes or until cooked throughout and golden on top.

Serving suggestion: Serve with garlic bread and peas.

Infants 7-12 months

Typical portion size:

About 100g lasagne, with 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked lasagne until it is smooth with soft lumps. Serve with cooked swede batons as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked lasagne to the desired consistency. Serve with cooked swede batons as a finger food.

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

* 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.

Autumn / Winter
1-4 years



Vegetable and red lentil dhansak



L

Preparation time: 15 minutes

Cooking time: 35 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	30g (½ small)	120g (1 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Red pepper, deseeded	40g (¼ medium)	160g (1 medium)
Green pepper, deseeded	40g (¼ medium)	160g (1 medium)
Carrot, peeled	20g (1 small)	80g (1 medium)
Potatoes, peeled	35g (1 small)	140g (2 medium)
Cauliflower	100g	400g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	5g (1½ teaspoons)	20g (1 tablespoon)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Coconut milk, standard	50ml	200ml
Dried red lentils	65g	260g
Water	150ml	600ml
Fresh coriander	5g (2-3 sprigs)	20g (1 small bunch)

Typical portion size for 1-4 years: 130g

Included in: Spring/summer menu

Method

1. Chop the onions, garlic, pepper, carrot and potato. Break the cauliflower into florets.
2. Heat oil in a pan and add curry powder. Cook for 1-2 minutes.
3. Add all the chopped vegetables and cook for 5 minutes to soften.
4. Add the canned tomatoes, coconut milk, lentils and water. Cook for 20-25 minutes or until all the vegetables are cooked.
5. Chop and stir in the coriander before serving.

Serving suggestion: Serve with brown rice.

Infants 7-12 months

Typical portion size:

About 60g dhansak with 30-40g rice and 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked dhansak with cooked brown rice until it is smooth with soft lumps. Serve with cooked carrot batons as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked dhansak with cooked brown rice to the desired consistency. Serve with cooked carrot batons as a finger food.

* **Allergy Information:** Contains mustard*

* 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.

Spring / Summer
1-4 years



Vegetable Biryani



L

Preparation time: 10 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	60g (1 small)	240g (1 large)
Carrot, peeled	100g (1 medium)	400g (4 medium)
Cauliflower	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Curry powder	9g (1 tablespoon)	36g (4 tablespoons)
Frozen peas	60g	240g
Canned chickpeas, no added sugar or salt, drained	240g (1 x 400g can)	960g (4 x 400g cans)
Brown rice	180g	720g
Water	375ml	1.5L

Typical portion size for 1-4 years: 230g

Included in: Autumn/winter menu

Method

1. Chop the onion and carrot and break the cauliflower into florets.
2. Heat the oil in a pan and add the curry powder and onion and cook for a few minutes until the onion softens.
3. Add the carrot, peas, cauliflower, chickpeas and rice and stir for 1 minute.
4. Pour over the water and simmer gently with the lid on the pan for 20 minutes until the rice is tender and the vegetables are cooked.

Serving suggestion: Serve with cauliflower florets.

Infants 7-12 months

Typical portion size:

About 100g biryani and 25g cooked cauliflower florets.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked biryani until it is smooth with soft lumps. Serve with cauliflower florets as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked biryani to the desired consistency. Serve with cauliflower florets as a finger food.

* **Allergy Information:** Contains mustard, sulphites*

* 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.

Autumn / Winter
1-4 years



Vegetarian leek and mustard casserole



L

Preparation time: 5 minutes

Cooking time: 25 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Leeks	100g	400g
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Dried soya pieces (or frozen soya pieces)	60g (if using dried) 250g (if using frozen)	250g (if using dried) 1kg (if using frozen)
Plain flour	30g (1 heaped tablespoon)	120g (4 heaped tablespoons)
Wholegrain mustard	35g (1½ tablespoons)	140g (6 tablespoons)
Semi skimmed milk	150ml	600ml
Water	100ml	400ml

Typical portion size for 1-4 years: 130g
Included in: Autumn/winter menu

Method

1. Slice the leeks.
2. Heat the oil in a pan and add the leeks. Cook until softened.
3. If using dried soya pieces, soak the soya pieces according to the instructions on the packet, if using frozen soya pieces, cook from frozen.
4. Add the soya pieces to the pan.
5. Add the plain flour, stirring well to coat the soya and leeks. Cook for 1-2 minutes.
6. Add the mustard, milk and water and mix well. Cook until the soya is tender.

Serving suggestion: Serve with mashed potatoes and Brussels sprouts.

Infants 7-12 months

Typical portion size:

About 60g casserole with 30-40g mashed potato and 25g sliced sprouts.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked casserole with cooked mashed potatoes until it is smooth with soft lumps. Serve with sliced sprouts as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked casserole with cooked mashed potatoes to the desired consistency. Serve with sliced sprouts as a finger food.

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

* 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.

Autumn / Winter
1-4 years



Vegetarian meatballs



L

Preparation time: 5 minutes

Cooking time: 35 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	150g (1 medium)	600g (4 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Frozen soya mince	250g	1kg
White breadcrumbs	50g	200g
Egg	50g (1)	200g (4)
Dried oregano	1g (1 teaspoon)	4g (4 teaspoon)
Tomato purée	15g (1 tablespoon)	60g (4 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (4x 400g cans)
Dried basil	1g (1 teaspoon)	4g (4 teaspoons)

Typical portion size for 1-4 years: 140g

Included in: Autumn/winter menu

Method

1. Pre-heat oven to 180°C/350°F/Gas mark 4.
2. Finely chop the onion and garlic.
3. Heat half the oil in a pan and add half the onions. Cook for 5 minutes or until soft and leave to cool.
4. Mix together the soya mince, breadcrumbs, egg, oregano and cooked onions. Mould into even sized balls (3 per child) and place on a baking tray.
5. Place the meatballs into the oven and cook for approximately 20-22 mins, until piping hot throughout.
6. Meanwhile, heat the oil in and pan and add the remaining onions and garlic. Cook for 5 minutes or until soft.
7. Add the tomato purée, canned tomatoes and basil. Bring to the boil and simmer for 15 mins until the sauce thickens slightly. Stir the cooked meatballs into the tomato sauce before serving.

Serving suggestion: Serve with pasta, peas and carrots.

Infants 7-12 months

Typical portion size:

About 50g meatballs and sauce, with 30-40g pasta and 25g peas and carrots.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked veggie balls and sauce with cooked pasta until it is smooth with soft lumps. Serve with peas and carrot batons as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked veggie balls with cooked pasta to the desired consistency. Serve with peas and carrot as a finger food.

* **Allergy Information:** Contains egg, soya, wheat (gluten)*

* 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.

Autumn / Winter
1-4 years



Vegetarian meatballs



L

Preparation time: 20 minutes

Cooking time: 1 hour

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Meatballs		
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Green pepper, deseed	55g (½ small)	220g (1½ medium)
Soya mince (frozen)	250g	1kg
Egg	25g (½ egg)	100g (2 eggs)
White breadcrumbs	15g (½ slice)	60g (2 large slices)
Dried parsley	2g (2 teaspoons)	8g (8 teaspoons)
Tomato sauce		
Onion, peeled	50g (1 small)	200g (4 small)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Vegetable oil	15ml (1 tablespoon)	60ml (4 tablespoons)
Plain flour	15g (1 level tablespoon)	60g (3 tablespoons)
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)

Typical portion size for 1-4 years: 130g

Included in: Spring/summer menu

Method

1. To make the vegetarian meatballs, finely dice the onion, garlic and green pepper.
2. Place the soya mince in a large bowl. Beat the egg and add to the mince with the other meatball ingredients and mix well with hands.
3. Roll into balls (size of golf ball) using floured hands and place to one side.
4. To make the sauce, chop the remaining onion and garlic.
5. Heat the oil in a pan, add the onion and garlic and cook for 3-4 minutes.
6. Add flour, stirring well. Cook for a few more minutes.
7. Add the canned tomatoes and simmer for 15-20 minutes.
8. Pre-heat the oven to 200°C/400°F/gas mark 6.
9. Meanwhile, heat a large pan and cook the meatballs in batches until golden. Arrange these in the bottom of an oven proof dish.
10. When all meatballs have been cooked, cover the meatballs with the tomato sauce.
11. Bake in the oven for 30 minutes or until the meatballs are cooked through.

Serving suggestion: Serve with white spaghetti.

Infants 7-12 months

Typical portion size:

About 65g veggie meatballs and sauce, with 30-40g cooked pasta.

Recipe adaptations:

Swap spaghetti for small pasta shapes for infants under 12 months.

Serving to infants 7-9 months:

Slice the cooked meatballs and serve as a finger food alongside the sauce mashed with pasta shapes.

Serving to infants 10-12 months:

Slice the cooked meatballs and serve as a finger food alongside the sauce mashed with pasta shapes.

* **Allergy Information:** Contains egg, soya, wheat (gluten)*

* 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.

Spring / Summer
1-4 years



Vegetarian pearl barley hotpot



L

Preparation time: 15 minutes

Cooking time: 1 hour 15 minutes

Vegetarian dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Leeks	80g (½ medium)	320g (2 medium)
Potato, peeled	450g	1.8kg
Vegetarian gravy granules, reduced salt	8g (1 teaspoon)	32g (4 teaspoons)
Boiling water	125ml	500ml
Frozen soya mince	250g	1kg
Pearl barley	40g	160g
Dried parsley	1g (1 teaspoon)	4g (4 teaspoons)
Dried mint	1g (1 teaspoon)	4g (4 teaspoons)

Typical portion size for 1-4 years: 200g
Included in: Autumn/winter menu

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Chop the leeks and slice the potatoes.
3. Add boiling water to the gravy granules and stir.
4. Dry fry the soya mince over a medium heat until browned. Add the vegetables and cook for a further few minutes.
5. Add the pearl barley, gravy, parsley and dried mint. Bring to the boil.
6. Place in an ovenproof dish, top with the sliced potatoes and bake in the oven for at least 1 hour until the potatoes are cooked through and golden.

Serving suggestion: Serve with root vegetable mash.

Infants 7-12 months

Typical portion size:

About 100g hot pot with 25g root vegetable batons.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked hotpot until it is smooth with soft lumps.

Serve with root vegetable batons as a finger food

Serving to infants 10-12 months:

Chop or mince the cooked hotpot to the desired consistency.

Serve with root vegetable batons as a finger food.

* **Allergy Information:** Contains barley (gluten), celery, milk, soya, wheat (gluten)*

* 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.

Autumn / Winter
1-4 years

