

## *Recipe Ideas*

### Tuna Pitta Pockets

#### Ingredients:

2 hard-boiled eggs  
4 spring onions  
¼ cucumber  
small tin of drained tuna  
small tin of drained sweetcorn  
2 tablespoons of mayonnaise  
lettuce  
4 wholemeal pitas



#### How to make it

1. Chop the spring onions finely and cut the cucumber into small pieces.
2. Mix this in a bowl with the tuna, sweetcorn and mayonnaise, and then season.
3. Peel the hard boiled eggs and chop into pieces. Slice the lettuce and then add this and the eggs into the bowl and mix everything together well.
4. Warm the pitas in an oven, or toast them, and then cut them in half and fill them with the mixture. Delicious!

Idea - You could use chopped chicken breast instead of tuna in the pitta mixture

## Cottage Pie Pots

### Ingredients:

450g sweet potatoes  
25g butter  
3 tbsp milk  
1 onion  
1 tbsp vegetable oil  
1 garlic clove  
1 carrot  
150g minced beef  
150g tinned chopped tomatoes  
150ml water  
150g cheddar cheese

\*\*swap minced beef for Quorn mince to make vegetarian option

### How to make it

1. Peel the sweet potatoes, chop into small chunks and boil until tender. Drain and then mash with butter and milk. Put to one side.
2. Chop the onion finely and fry until soft. Finely chop the garlic and cut the carrot into small chunks. Add these and the minced beef (or quorn) and cook over a medium heat for five minutes, stirring occasionally.
3. Add the chopped tomatoes and water to the pan with the mince and cover and cook on a low heat for 10 minutes.
4. Divide the beef mixture between 4 small ramekins and put the mash on top of each one. Grate the cheese over the top, then grill for a few minutes until brown and crisp.



## Rainbow fruit salad

### Ingredients:

2 ripe plums  
1 ripe nectarine  
2 handfuls  
blueberries  
1 handful raspberries  
½ pineapple (cored  
and peeled)  
1 orange

### How to make it

1. Cut the plums into quarters, the nectarine into eights and the strawberries in half. Put these into a bowl, add the blueberries and raspberries and mix together.
2. Cut the pineapple into slices and these slices into bite-sized chunks. Add these to the bowl.
3. Cut the orange in half and squeeze the juice into the bowl, picking out any pips. Toss the fruits together well.
4. Cover the bowl and put it in the fridge for at least an hour. The longer you leave the fruit salad, the more the juices will mix together.

Serves 2 adults and 4 children

Serve the fruit salad on its own, or with ice cream or natural yoghurt.



## Secret vegetable pasta

### Ingredients

1 tbsp olive oil  
1 onion  
1 carrot  
1 celery stick  
1 courgette  
1 garlic clove  
1tbspn tomato puree  
400g tinned chopped tomatoes  
100ml vegetable stock  
250g pasta  
50g cheddar cheese



### How to make it

1. Finely chop the onion, the carrot and celery into small chunks. Fry these with the oil for about five minutes, stirring occasionally. Chop the courgette and the garlic, add, and cook for another few minutes
2. Stir in the tomato puree, chopped tomatoes and vegetable stock. Cover, and simmer on a low heat for about 20 minutes.
3. Take the sauce off the heat, leave to cool, then puree until smooth.
4. Cook the pasta according to the packet instructions, then mix well with the sauce. Grate the cheese on top and serve.

## Butternut squash risotto

This simple, easy-to-make risotto has bright colours, soft textures and a cheesy taste that both babies and toddlers will enjoy.

### Ingredients

25g butter  
1 onion  
100g risotto rice  
450ml boiling water  
150g butternut squash  
3 ripe tomatoes  
50g cheddar cheese

### How to make it

1. Put half the butter in a frying pan, chop the onion and fry this in the butter until soft. Add the rice and mix well.
2. Gradually add the water, stirring frequently to make sure the rice doesn't stick to the pan. Do this for about eight minutes. Peel and chop the squash into small pieces. Add to the pan, reduce the heat and cover.
3. Cook over a low heat for about 15 minutes, until all the water has been absorbed. Taste the squash to see if it is soft. If not, add more water and continue cooking until it is.
4. Put the tomatoes in a pan of boiling water for a minute. When cool, remove the skins and chop into small pieces. Cook these in the remaining butter. Grate the cheese and add this with the tomatoes to the risotto.

### Serves 4 kids

This makes a good first solid for babies  
- simple puree the risotto a bit.



## Fruit smoothies

These smoothies make a tasty and nutritious snack, and give kids an energy boost. You can use all kinds of different fruits - see which you like best.

### Ingredients

250g natural yoghurt

100ml apple juice

1 tsp honey

6 strawberries (halved) or 1 banana (sliced) or 2 large handfuls blueberries

### How to make it

1. Put the yoghurt, apple juice and honey into a blender.
2. Add the fruit you have chosen and blend the mixture until it becomes a smooth liquid.
3. Pour the liquid into glasses and serve.

### Makes 2 smoothies

To chill the smoothies, add ice to the glasses before serving.

## Traditional Scottish Drop Scones

### Ingredients:

8 oz plain flour  
salt  
level teaspoon of  
cream of tartar  
level teaspoon of  
bicarbonate of soda  
5 teaspoon of caster  
sugar  
standard pint of milk



### How to make it

Heat a girdle or heavy based frying pan and lightly grease. Sift flour, Salt, cream of tartar and bicarbonate of soda together and mix in the caster sugar. Create a well in the centre and add the egg and some of the milk. Slowly mix the flour into the egg and milk, adding more milk as you go, until you have a mixture which has the consistency of thick batter. Drop a small amount of batter onto the greased girdle or pan - bubbles should rise to the top in a few seconds, if it is the right temperature. Drop in enough mixture to make individual small scones. When the underside is brown( and bubbles are bursting on the top) turn over and cook the other side. You may need to regrease the pan after each batch.

Serve warm with butter and honey!

## Cheesy Omelette recipe

Serve a simple omelette for breakfast, lunch or dinner - they are an excellent and tasty source of both calcium and protein.

### Ingredients:

4 eggs  
2 tbsp milk  
Salt and pepper  
100 g cheddar  
cheese  
2 tbsp butter



### How to make it

1. Use a fork to mix the eggs, milk and salt and pepper in a mixing bowl. Grate the cheese into a separate bowl and put this to one side.
2. Melt the butter in a frying pan over a medium heat. Add the egg mixture and cook until the edges start to set (after about 45 seconds).
3. Lift the edges of the omelette with a spatula and let the egg run onto the base of the pan. Repeat several times as you cook the omelette.
4. When the omelette's centre is no longer runny, add the cheese to one side, leaving a small amount in the bowl. Flip the other half of the omelette over with the spatula, take it out of the pan and serve. Top with the leftover cheese.

Serve 2 adults and 2 kids!

You could add chopped ham or herbs to the omelette along with the cheese.



## Egg Fried Rice With Chicken and sweetcorn

### Ingredients:

200g long grain rice  
2 tbsp sunflower oil  
4 British Lion eggs  
1 tbsp soy sauce  
1tbsp water  
2shallots, sliced  
1 chicken breast, cubed  
Half red pepper, deseeded and diced  
75g baby sweetcorn, sliced  
1 clove garlic, crushed  
100g frozen peas  
1 tbsp caster sugar  
2 tsbp lemon juice



### How to make it

1. Cook the rice according the packet instructions, drain and leave to cool.
2. Heat 1 tbsp oil a fairly large frying pan, mix the eggs together with the soy sauce and water and season lightly. Make an omelette by pouring the mixture into the pan and then swirl around the base and cook for 2 to 3 minutes until you get a thin omelette. Turn out onto a board and cut into thin strips. Set aside.
3. Heat the remaining oil in the pan. Add the shallots and cook for 5 minutes. Add the garlic, peppers and corn and fry for 2 minutes. Add the chicken and fry for 3 minutes. Add the rice, peas , soy sauce and sprinkle over the sugar.
4. Add the strips of egg to the rice. Season to taste and add the lemon juice. Toss together, heat through and serve.

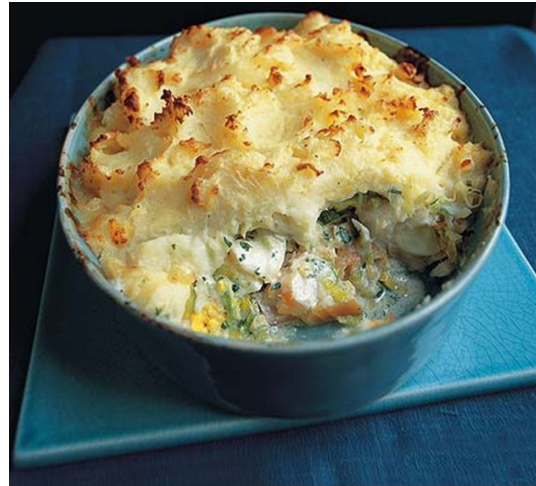
## Yummy Fish Pie

### *For the potato topping:*

500g potatoes, peeled and diced  
40g Rachel's Organic butter  
4 tbsp Rachel's Organic milk

### *For the filling:*

A little salt and freshly ground pepper  
(for babies over one)  
40g Rachel's Organic butter  
1 small onion, finely chopped  
2 tomatoes, skinned, de-seeded and chopped 1 1/2 tbsp flour  
200ml Rachel's Organic milk (to cover the fish)  
250g cod fillets, skinned and cut into fairly large cubes  
250g salmon fillets, skinned and cut into fairly large cubes  
1 tbsp chopped parsley  
1 bay leaf  
50g Cheddar cheese, grated  
1 lightly beaten egg



### How to make it

1. Cook the potatoes in a pan of lightly salted water until tender (about 15 minutes), then drain and mash together with the milk and butter and season to taste (babies over one).
2. Melt the butter in heavy based saucepan and saute the onion for 3 minutes. Add the chopped tomatoes and sauté for 2 to 3 minutes
3. Stir in the flour and cook for 1 minute.
4. Add the milk, bring to the boil and cook for 1 minute.
5. Stir in the cod, salmon, parsley and bay leaf and simmer for 3 to 4 minutes.
6. Remove the bay leaf ,stir in the grated Cheddar until melted and season to taste
7. Pre-heat an oven to 180°C/350°F.
8. Divide the fish between the four ramekin dishes about 8-10 cm in diameter and top with the mashed potato.
9. Brush the potato with lightly beaten egg and cook in the oven for 15 to 20 minutes. You can brown under a pre-heated grill for a few minutes at the end if you wish.

## Pumpkin Soup

### Ingredients:

4 tbsp olive oil

2 onions, finely chopped

1kg pumpkins or squash, peeled, deseeded and chopped into chunks

700ml vegetable stock or chicken stock

142ml pot double cream

### How to make it

1. Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured, Add 1kg peeled deseeded and chopped pumpkin or squash to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
2. Pour 700ml vegetable stock into the pan, then season with salt and pepper. Bring to the boil, then simmer for 10mins until the squash is very soft. Pour the 142ml pot of double cream into the pan, bring back to the boil, then puree with a hand blender. For an extra-velvety consistency you can now push the soup through a fine sieve into another pan. The soup can now be frozen for up to 2 months.