



TEA Mini meat balls, mashed potato and baby sweetcorn

## TEA Mini meat balls, mashed potato and baby sweetcorn

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Mini meat balls	45g	40g	50g
Mashed potato	80g	70g	90g
Baby sweetcorn	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Mini meatballs

This recipe makes 12 child-size portions of about 45g.

90ml full-fat milk  
 3 slices white bread, crusts removed, crumbed  
 1 medium onion, finely chopped  
 500g minced beef  
 ½ teaspoon paprika powder

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Pour the milk over the breadcrumbs and leave to soak for 30 minutes.
3. Put the onions and mince in a mixing bowl, add the soaked bread and paprika, and mix well.
4. Using floured hands, shape the mixture into small balls.
5. Place the meatballs in a single layer in a shallow ovenproof dish and bake in the oven for about 30 minutes.





TEA Chicken and vegetable couscous with mixed salad

## TEA Chicken and vegetable couscous with mixed salad

Suggested portion sizes	1-4 year olds As shown in the photo	1-2 year olds	3-4 year olds
Chicken and vegetable couscous	145g	125g	165g
Salad	25g	25g	25g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Chicken and vegetable couscous

This recipe makes 12 child-size portions of about 145g.

- 2 tablespoons vegetable oil
- 1 large onion, peeled and diced
- 1 clove garlic, crushed
- 2 teaspoons ground cinnamon
- 1 large (400g) can chickpeas, drained
- 150g diced mixed frozen peppers
- 500g cooked chicken breast, diced
- 2 teaspoons coriander leaves, finely chopped
- 400g couscous
- 500ml boiling water

1. In a large frying pan, heat the oil and fry the onions and garlic until softened.
2. Add the cinnamon, chickpeas, peppers, chicken and coriander and cook gently for 10 minutes.
3. Put the couscous in a large bowl, pour the boiling water over it and mix very gently. Leave covered for 5 minutes.
4. Add the couscous to the vegetable and chicken mixture and cook for 2-3 minutes. Serve hot.





TEA Chicken risotto and red pepper sticks

## TEA Chicken risotto and red pepper sticks

Suggested portion sizes	1-4 year olds As shown in the photo	1-2 year olds	3-4 year olds
Chicken risotto	140g	120g	160g
Red pepper sticks	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

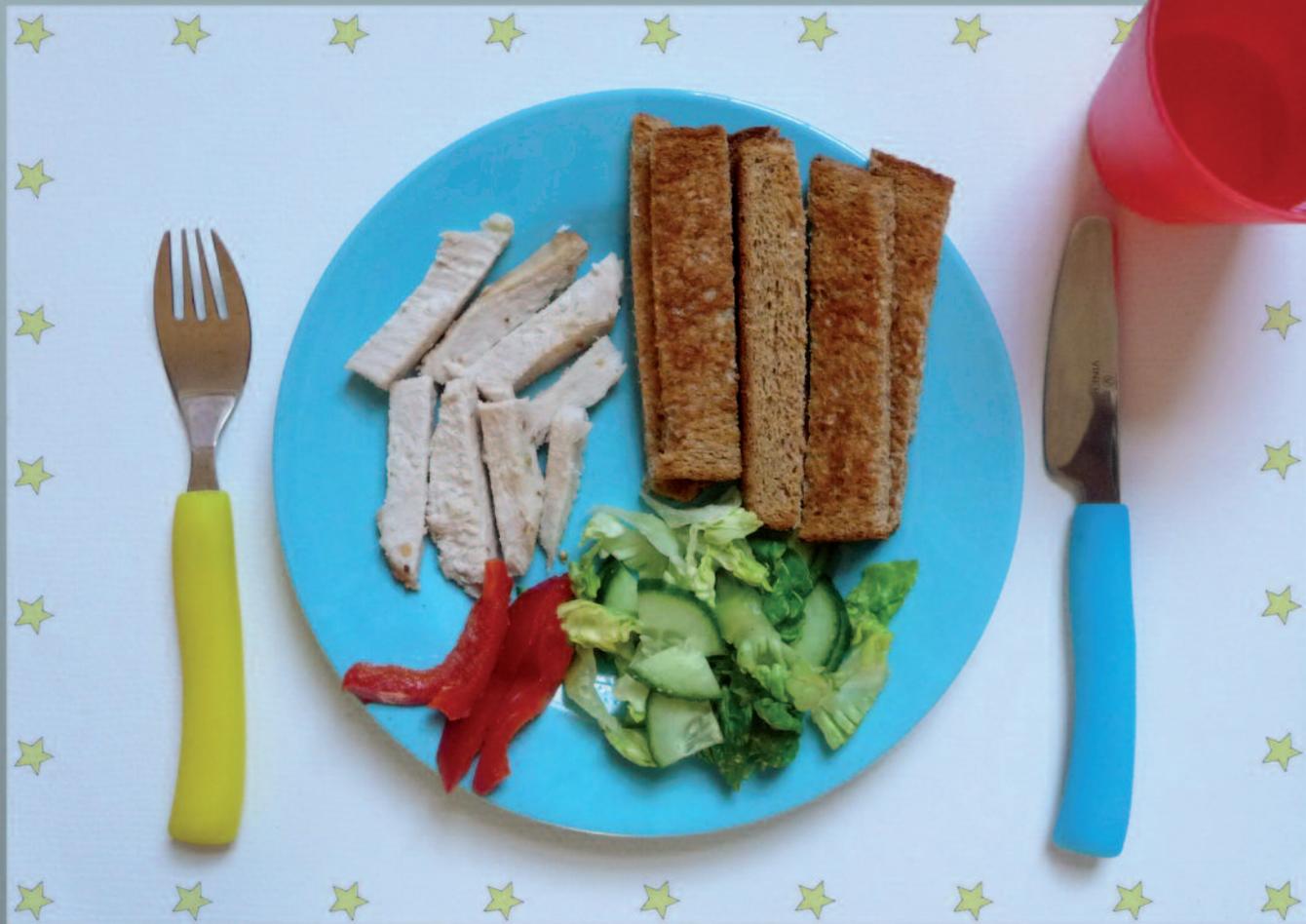
### Chicken risotto

This recipe makes 12 child-size portions of about 140g.

- 2 teaspoons vegetable oil
- 1 medium-sized onion, diced
- 500g chicken breast, diced
- 6 medium-sized mushrooms, diced
- 100g frozen peas
- 2 medium-sized tomatoes, diced
- 100g frozen sweetcorn
- 1 teaspoon dried mixed herbs
- 320g long grain rice
- 800ml water

1. Heat the oil in a large pan and fry the onion for 2-3 minutes until it softens.  
Add the chicken and lightly cook.
2. Stir in the mushrooms, peas, tomatoes, sweetcorn, herbs and rice and stir for 1 minute.
3. Add the water and bring to the boil. Simmer with a lid on until the water is absorbed and the rice is tender.





TEA Chicken strips, wholemeal toast, red pepper and green salad

## TEA Chicken strips, wholemeal toast, red pepper and green salad

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Chicken strips	40g	35g	45g
Wholemeal toast	40g	35g	45g
Red pepper	20g	20g	20g
Green salad	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





TEA Sardines on toast with cherry tomatoes

## TEA Sardines on toast with cherry tomatoes

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Sardines	40g	40g	45g
Wholemeal toast	20g	17g	25g
Cherry tomato	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

**Note:** When serving fish to children, make sure that all bones are removed.





TEA Summer salmon salad with cucumber and pepper sticks

## TEA Summer salmon salad with cucumber and pepper sticks

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Summer salmon salad	120g	100g	140g
Cucumber and pepper sticks	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Summer salmon salad

Recipe provided by [Grub4life.org.uk](http://Grub4life.org.uk)

This recipe makes 12 portions of about 120g.

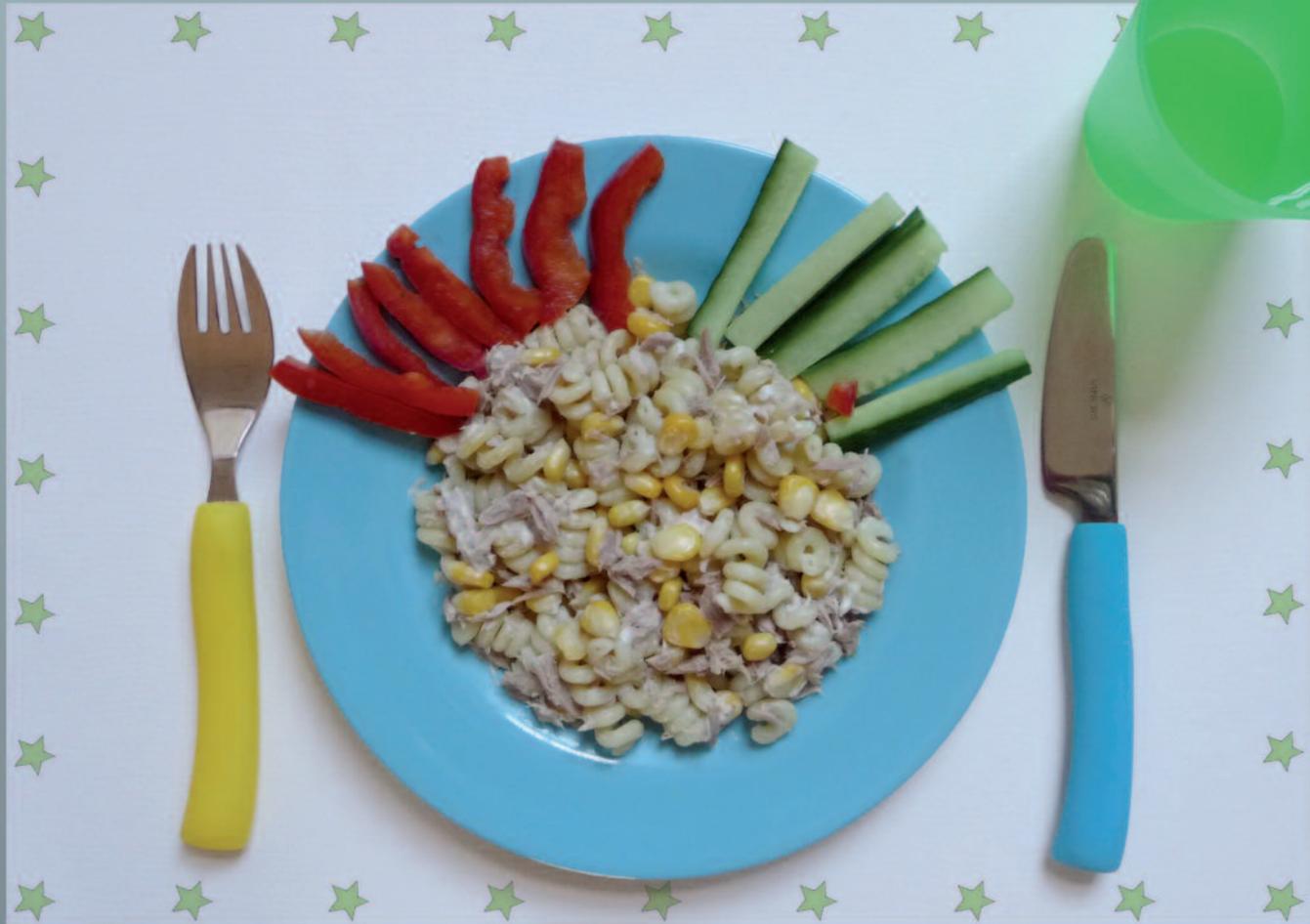
- 1 large can red salmon (350g salmon when drained)
- 3 spring onions
- 250g couscous
- 500ml boiling water
- ½ cucumber
- 10 cherry tomatoes
- ½ lemon
- 1 teaspoon fresh mint, finely chopped
- 1 teaspoon fresh parsley, finely chopped
- 1 teaspoon fresh coriander, finely chopped

1. Drain the salmon, flake and keep chilled until needed.
2. Slice the spring onions finely and mix with the couscous.
3. Bring the water to the boil and pour over the couscous, stir and cover until cooked (about 4 minutes). Chill.

4. Grate the cucumber.
5. Dice the cherry tomatoes.
6. Zest and squeeze the lemon.
7. Mix the salmon, couscous, cucumber, tomatoes, herbs and lemon zest and juice thoroughly and chill until serving.

**Note:** When serving fish to children, make sure that all bones are removed.





TEA Tuna and sweetcorn pasta with cucumber and pepper sticks

## TEA Tuna and sweetcorn pasta with cucumber and pepper sticks

Suggested portion sizes	1-4 year olds	1-2 year olds	3-4 year olds
	As shown in the photo 		
Tuna and sweetcorn pasta	145g	130g	160g
Cucumber and pepper sticks	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Tuna and sweetcorn pasta

This recipe makes 12 child-size portions of about 145g.

300g pasta shapes of choice  
 350g frozen sweetcorn  
 3 (185g) cans tuna, drained (390g tuna)  
 90g mayonnaise  
 90g full-fat yoghurt

1. Boil the pasta until tender.
2. Boil the sweetcorn until tender.
3. Drain the pasta and rinse under cold water. Mix the pasta with the sweetcorn, tuna, mayonnaise and yoghurt.
4. Chill before serving





TEA Bean burger with tomato and lettuce salad

## TEA Bean burger with tomato and lettuce salad

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Bean burger	40g	40g	45g
Wholemeal bun	45g	40g	50g
Tomato	40g	40g	40g
Lettuce	20g	20g	20g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Bean burger

This recipe makes 12 portions of about 40g.

- 1 tablespoon vegetable oil
- 1 small onion, peeled and finely diced
- 5 mushrooms, finely diced
- 1 tablespoon chopped parsley
- 1 can cannellini beans (400g), drained
- 1 small can red kidney beans (225g), drained
- 1 egg, beaten

1. Heat the oil in a frying pan and fry the onion until softened.
2. Add the mushrooms and parsley and cook until the mushrooms have softened. Remove the mixture from the heat and allow to cool.
3. Mash the beans together in a bowl and add the mushroom mixture and the beaten egg. Combine the mixture well and place in the fridge for 30 minutes.
4. Make the bean mixture into 12 large or 24 small bean burgers and cook under a hot grill for 3-5 minutes until heated through.





TEA Brown roll with houmous, mozzarella balls, green beans and carrots

## TEA Brown roll with houmous, mozzarella balls, green beans and carrots

### Suggested portion sizes

1-4 year olds

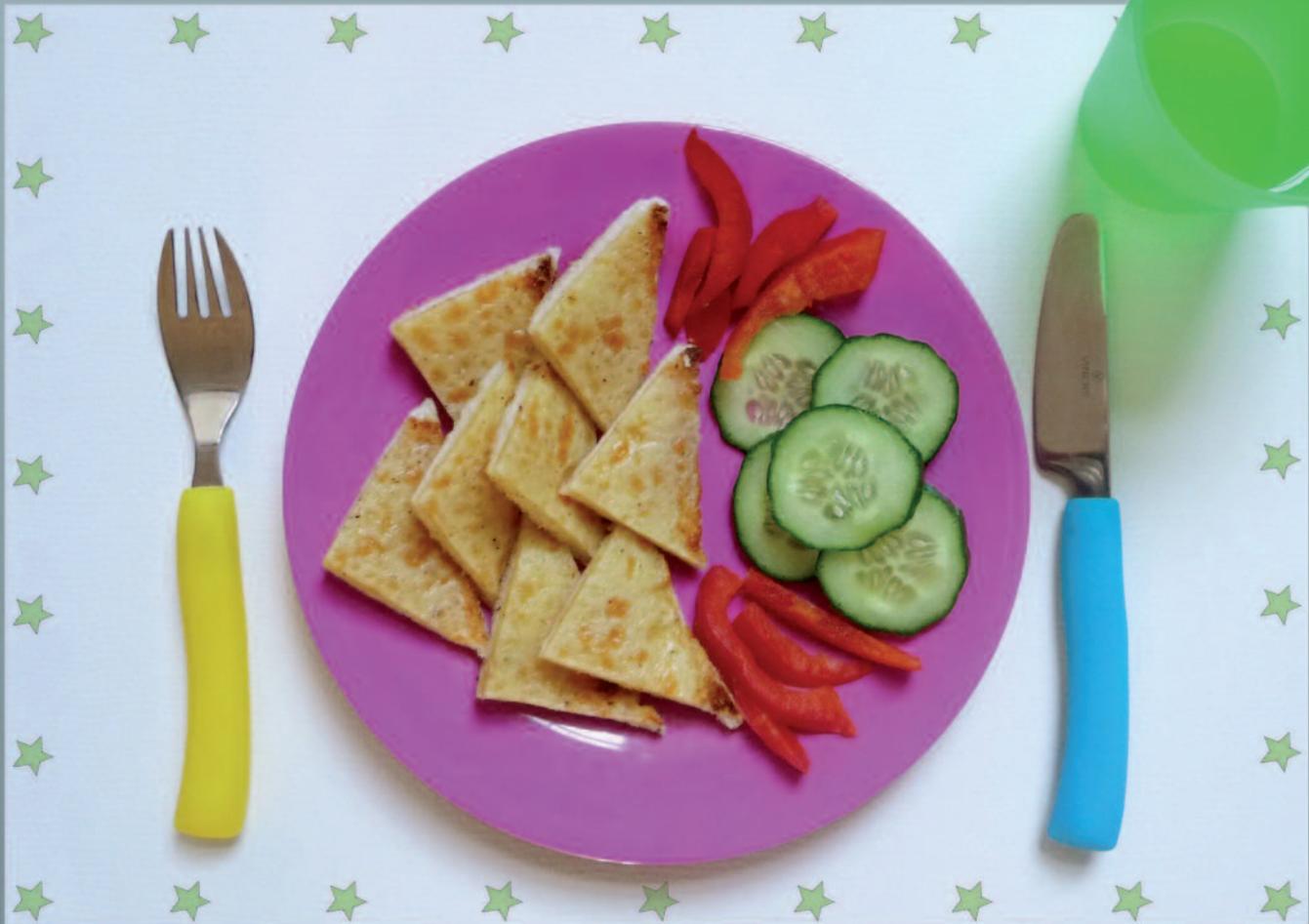
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the photo



		1-2 year olds	3-4 year olds
Brown roll with houmous	60g	50g	70g
Mozzarella balls	20g	17g	25g
Green beans	20g	20g	20g
Carrots	20g	20g	20g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





TEA Cheese on toast with cucumber and pepper sticks

## TEA Cheese on toast with cucumber and pepper sticks

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Cheese on toast	75g	65g	85g
Cucumber	40g	40g	40g
Red pepper	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





TEA Creole jambalaya with pitta

## TEA Creole jambalaya with pitta

Suggested portion sizes	1-4 year olds As shown in the photo	1-2 year olds	3-4 year olds
Creole jambalaya	120g	100g	140g
Pitta bread	25g	20g	30g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Creole vegetable jambalaya

Recipe provided by [Grub4life.org.uk](http://Grub4life.org.uk)

This recipe makes 12 portions of about 120g.

1 tablespoon vegetable oil  
 1 medium-sized onion, peeled and finely chopped  
 10g (2 cloves) garlic, peeled and crushed  
 175g vegetarian mince  
 3 vegetarian sausages, sliced into bite-sized rounds  
 1 leek, washed and thinly sliced  
 1 red pepper, deseeded and diced  
 1 stick of celery, diced  
 1 courgette, diced  
 8 medium-sized mushrooms, diced  
 1 teaspoon mixed dried herbs  
 2 teaspoons mild chilli powder  
 200g long grain rice  
 600ml passata (or canned chopped tomatoes, sieved)

1. In a large pan, heat the oil, add the onion and garlic and soften for 2 minutes.
2. Add the mince and sausages and brown.
3. Add the leek, red pepper, celery, courgette, and mushrooms and stir until the vegetables have softened slightly.
4. Add the herbs and chilli powder and stir well, then stir in the rice until well mixed.
5. Add the passata, cover and simmer for 15 minutes, until the rice is tender.





TEA Fruity couscous with chickpeas, and mixed salad

## TEA Fruity couscous with chickpeas, and mixed salad

Suggested portion sizes	1-4 year olds	1-2 year olds	3-4 year olds
	As shown in the photo 		
Fruity couscous	110g	95g	135g
Mixed salad	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

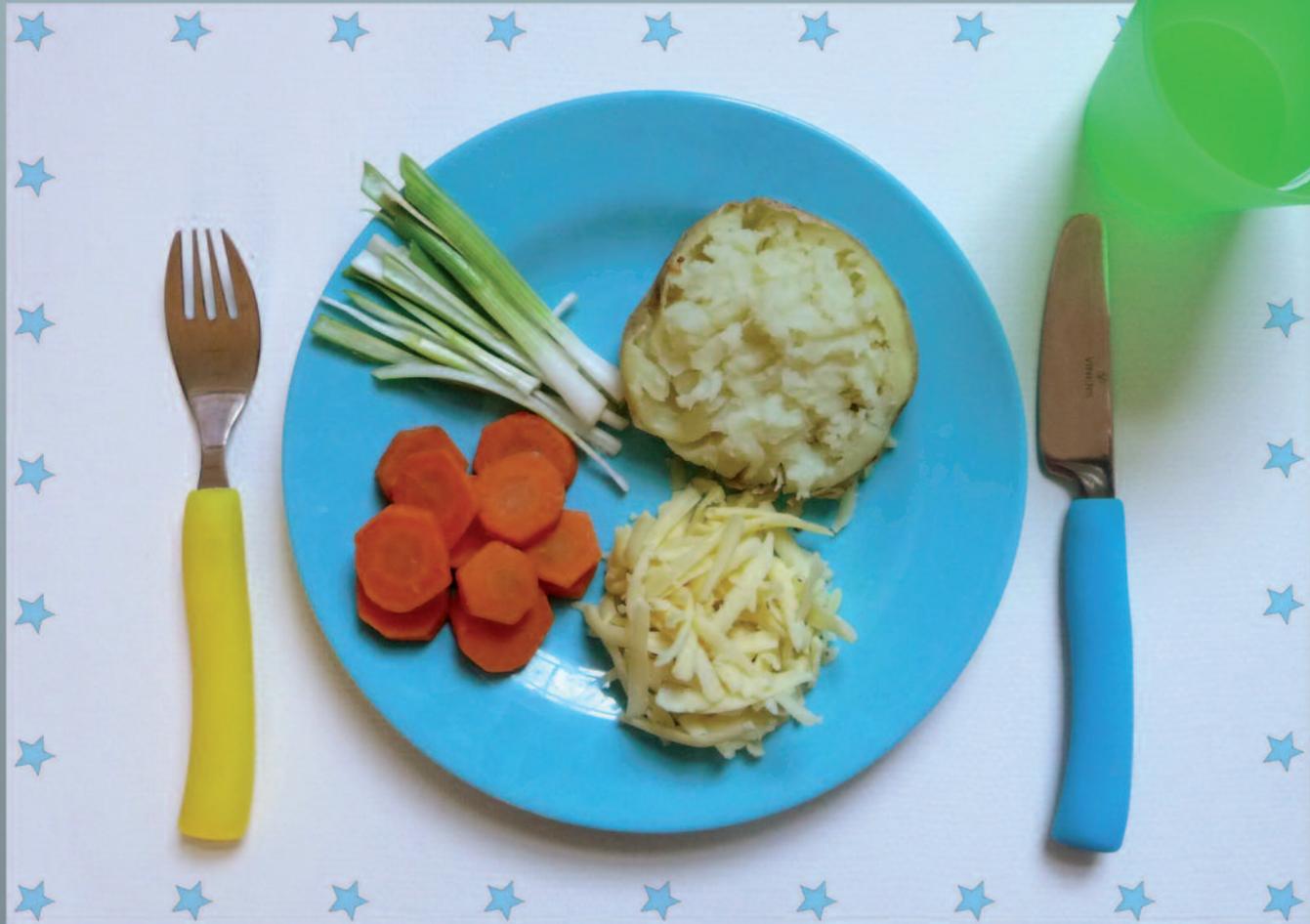
### Fruity couscous

This recipe makes 12 child-size portions of about 110g.

170g couscous  
100g raisins  
100g dried apricots, chopped  
1 large red pepper, de-seeded and chopped  
1 large yellow pepper, de-seeded and chopped  
100g frozen peas, defrosted  
1 large (400g) can chickpeas, drained  
1½ teaspoons allspice  
4 tablespoons olive oil  
300ml boiling water

1. Place all the ingredients except for the boiling water in a large bowl.
2. Pour on the boiling water and mix very gently. Cover and leave to stand for 5-10 minutes until all the liquid is absorbed.
3. Mix well with a fork until fluffy. Chill before serving.





TEA Jacket potato with cheese, spring onion and carrots

## TEA Jacket potato with cheese, spring onion and carrots

### Suggested portion sizes

1-4 year olds

As shown in  
the photo



		1-2 year olds	3-4 year olds
Jacket potato	90g	80g	95g
Cheese	30g	25g	35g
Spring onion	10g	8g	10g
Carrots	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





TEA Mini egg and cress sandwiches with cherry tomatoes and lettuce

## TEA Mini egg and cress sandwiches with cherry tomatoes and lettuce

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Egg and cress sandwiches	80g	70g	100g
Lettuce	25g	25g	25g
Cherry tomatoes	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

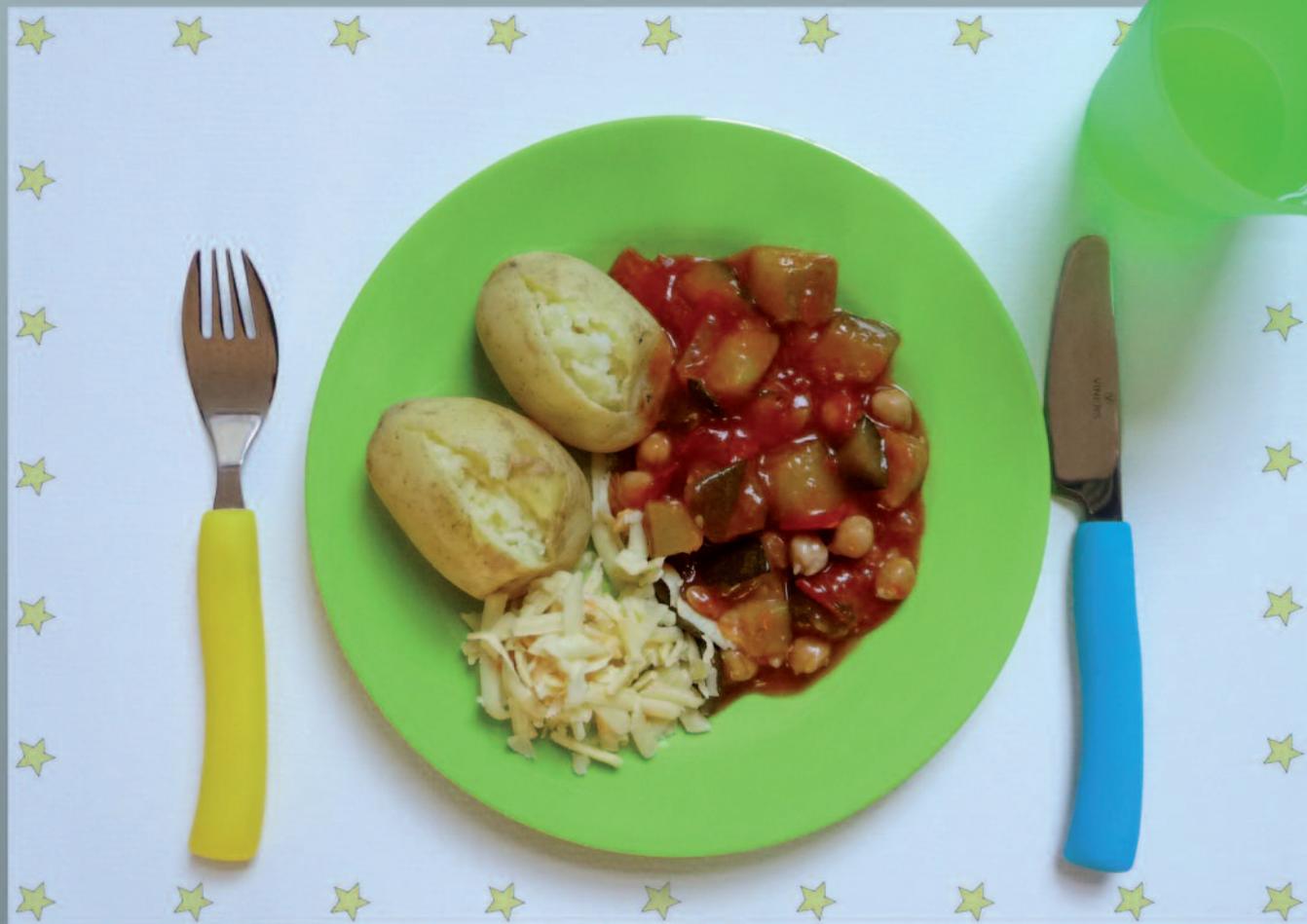
### Mini egg and cress sandwiches

This recipe makes 12 child size portions of about 80g.

- 10 hard-boiled eggs
- 5 tablespoons reduced-fat mayonnaise
- 1 punnet mustard and cress
- 12 large or 24 small slices brown bread

1. Mash together the eggs, mayonnaise and cress.
2. Fill the sandwiches and cut into small pieces.





TEA Ratatouille with chickpeas, baby jacket potato and Cheddar cheese

## TEA Ratatouille with chickpeas, baby jacket potato and Cheddar cheese

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Ratatouille	100g	85g	115g
Chickpeas	20g	20g	20g
Baby jacket potato	80g	70g	90g
Cheddar cheese	20g	15g	20g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Ratatouille

This recipe makes 12 child-size portions of about 100g.

- 2 medium onions, diced
- 1 clove garlic, crushed
- 2 medium-sized courgettes, cubed
- 1 small aubergine, cubed
- 1 large green pepper, diced
- 5 medium-sized tomatoes, diced
- 300ml water
- 3 tablespoons tomato purée
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 teaspoon black pepper

1. Combine all the vegetables in a thick-bottomed pan and add the water and tomato purée.
2. Stir in the herbs and simmer until all the vegetables are tender and the sauce has thickened.





TEA Savoury omelette and mixed bean salad

## TEA Savoury omelette and mixed bean salad

Suggested portion sizes	1-4 year olds	1-2 year olds	3-4 year olds
	As shown in the photo		
Savoury omelette	70g	60g	80g
Mixed bean salad	45g	40g	50g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Savoury omelette

This recipe makes 12 child-size portions of about 70g.

- 12 eggs
- 1 tablespoon vegetable oil
- 1 small onion, peeled and finely diced
- 50g frozen mixed peppers
- 1 medium potato, cooked and diced

1. Beat the eggs in a bowl.
2. Place the oil in a non-stick frying pan and fry the onions and peppers for a few minutes until they soften.
3. Add the diced potato and pour over the egg mixture.
4. Cook until set through, placing under a hot grill to set the top if necessary.





TEA Spicy chickpea salad with chapatti and cucumber and carrot sticks

## TEA Spicy chickpea salad with chapatti and cucumber and carrot sticks

Suggested portion sizes	1-4 year olds As shown in the photo	As shown in the photo	
		1-2 year olds	3-4 year olds
Spicy chickpea salad	55g	50g	65g
Chapatti	20g	17g	25g
Cucumber and carrot sticks	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Spicy chickpea salad

This recipe makes 12 child-size portions of about 55g.

- 1 small red pepper, cored and diced
- 9 spring onions, diced
- 2 large (400g) cans chickpeas, drained
- 2 tablespoons tomato purée
- 2 tablespoons curry powder
- 1 teaspoon lemon juice

1. Mix together all the ingredients.
2. Chill in the fridge.





TEA Spicy chickpea salad, wholemeal pasta and cucumber and carrot sticks

## TEA Spicy chickpea salad, wholemeal pasta and cucumber and carrot sticks

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Spicy chickpea salad	50g	40g	55g
Wholemeal pasta twirls	50g	45g	55g
Cucumber and carrot sticks	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Spicy chickpea salad

This recipe makes 12 child-size portions of about 50g.

- 1 small red pepper, cored and diced
- 9 spring onions, diced
- 2 large (400g) cans chickpeas, drained
- 2 tablespoons tomato purée
- 2 tablespoons curry powder
- 1 teaspoon lemon juice

1. Mix together all the ingredients.
2. Chill in the fridge.





TEA Spicy ratatouille, tofu and flatbread

## TEA Spicy ratatouille, tofu and flatbread

Suggested portion sizes	1-4 year olds As shown in the photo	1-2 year olds	3-4 year olds
Spicy ratatouille	90g	80g	105g
Tofu	50g	50g	58g
Flatbread	20g	17g	25g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Spicy ratatouille

This recipe makes 12 child-size portions of about 90g.

- 2 medium-sized onions, diced
- 1 clove garlic, crushed
- 2 medium-sized courgettes, cubed
- 1 small aubergine, cubed
- 1 large green pepper, diced
- 5 medium-sized tomatoes, diced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 2 teaspoons mild chilli powder
- 1 teaspoon black pepper
- 300ml water
- 3 tablespoons tomato purée

1. Combine all the vegetables and seasoning in a thick-bottomed pan and add the water and tomato purée.
2. Simmer until all the vegetables are tender and the sauce has thickened.

### Flatbread

This recipe makes 12 child-size portions of about 20g.

- 80g self-raising flour
- 80g wholewheat flour
- 1 teaspoon baking powder
- 120ml soda water

1. Combine the flours and baking powder in a mixing bowl.
2. Add the soda water and stir, using a wooden spoon or whisk, to make a smooth, thin batter.
3. Heat a large non-stick frying pan over a medium heat.
4. The quantities given above will make about three breads which can be cut into four pieces each. Make one bread at a time. Tip the batter onto the hot pan to cover the bottom, tilting the pan to spread it evenly.
5. When small holes appear on the surface, turn it over using a fish slice and gently cook the other side, avoiding browning it. Make the other breads in the same way.





TEA Vegetable and butter bean risotto, with mixed salad and coleslaw

## TEA Vegetable and butter bean risotto, with mixed salad and coleslaw

Suggested portion sizes	1-4 year olds As shown in the photo		
		1-2 year olds	3-4 year olds
Vegetable and butter bean risotto	125g	105g	140g
Homemade coleslaw	30g	25g	35g
Mixed salad	30g	30g	30g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

### Vegetable and butter bean risotto

This recipe makes 12 child-size portions of about 125g.

- 2 teaspoons vegetable oil
- 2 medium-sized onions, diced
- 6 medium-sized mushrooms, diced
- 100g frozen peas
- 2 medium-sized tomatoes
- 100g frozen sweetcorn
- 1 large (400g) can butter beans, drained
- 1 teaspoon dried mixed herbs
- 320g white rice
- 800ml water

1. Heat the oil in a large pan and fry the diced onions and mushrooms.
2. Add the peas, tomatoes, sweetcorn, butter beans, mixed herbs and rice and stir for 1 minute.
3. Add the water and bring to the boil. Simmer for about 30 minutes until the rice is tender and the water has been absorbed.

### Coleslaw

This recipe makes 12 child-size portions of about 30g.

- ½ small white cabbage, shredded
- 2 small carrots, grated
- 3 tablespoons reduced-fat mayonnaise
- 2 tablespoons natural low-fat yoghurt

1. Mix all the ingredients together well and chill.

