

Chicken and red pepper fajitas



T

Preparation time: 15 minutes

Cooking time: 15 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Red pepper, deseeded	160g (1 medium)	640g (4 medium)
Onion, peeled	120g (2 small)	480g (2 large)
Paprika	1.5g (½ teaspoon)	6g (2 teaspoons)
Chilli powder	1.5g (½ teaspoon)	6g (2 teaspoons)
Garlic powder	0.75g (¼ teaspoon)	3g (1 teaspoon)
Ground cumin	1.5g (½ teaspoon)	6g (2 teaspoons)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Chicken breast strips	250g	1kg
Tortilla wrap	155g (2 ½ wraps)	620g (10 wraps)
Plain whole milk yoghurt	75g (2 level tablespoons)	300g (7 tablespoons)

Typical portion size for 1-4 years: 140g

Included in: Autumn/winter menu

Method

1. De-seed the pepper and slice with the onion.
2. Mix all of the spices with the oil and coat the vegetables and chicken. Cover and leave to marinade in the fridge for 5 minutes.
3. On a medium heat, cook the chicken and vegetable mixture for 10-15 minutes until the chicken is cooked through and the vegetables softened.
4. Heat the tortillas according to manufacturer's instructions.
5. Place the chicken and vegetable mix in centre of tortilla, and a small spoon of yoghurt and roll up tightly. Cut in half.

Serving suggestion: Try serving with guacamole and/or grated cheese.

Infants 7-12 months

Typical portion size:

About 30g cooked chicken, with 25g cooked pepper strips and 20g sliced pitta.

Recipe adaptations:

Infants may find slices of pitta bread easier to manage than pieces of tortilla wrap.

Serving to infants 7-9 months:

Blend or mash the cooked chicken until smooth with soft lumps, or slice to serve as a finger food. Serve with cooked pepper strips and strips of pitta.

Serving to infants 10-12 months:

Chop or mince the cooked chicken to the desired consistency, or slice to serve as a finger food. Serve with cooked pepper strips and strips of pitta.

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

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Autumn / Winter
1-4 years



Chicken noodle soup



T

Preparation time: 10 minutes

Cooking time: 25 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	30g (½ small)	120g (2 small)
Carrot, peeled	50g (½ medium)	200g (2 medium)
Chicken breast	200g	800g
Reduced salt chicken stock cube	3g (½ cube)	12g (2 cubes)
Boiling water	250ml	1.5L
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Frozen sweetcorn	75g	300g
Egg noodles	175g	700g

Typical portion size for 1-4 years: 170g

Additional recipe: try instead of couscous with chicken, beetroot and mixed salad

Method

1. Slice the onion and carrots.
2. Dice the chicken and make up the stock.
3. Heat the oil in a pan. Add the chicken and cook until starting to brown.
4. Add the onion, carrots and sweetcorn and cook for 3-4 minutes.
5. Add the stock and simmer for 5 minutes
6. Finally, add the noodles and simmer for a further 5-10 minutes until the chicken, vegetables and noodles are cooked.

Serving suggestion: Sprinkle with chopped spring onions or fresh herbs like coriander.

Infants 7-12 months

Typical portion size:

Around 100g soup.

Recipe adaptations:

Make without using the stock cube if serving to infants.

Serving to infants 7-9 months:

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

Serving to infants 10-12 months:

Blend the soup to the desired consistency, or chop the noodles into small pieces. Serve with strips of bread or toast.

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

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1-4 years

Couscous with chicken



T

Preparation time: 10 minutes

Cooking time: None

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Couscous	225g	900g
Water	275ml	1.1L
Chicken breast, cooked	170g	680g

Typical portion size for 1-4 years:
125g (90g couscous, 35g chicken)

Included in: Autumn/winter menu

Method

1. Make the couscous according to the manufacturer's instructions.
2. Slice the chicken breast and combine with the couscous.

Serving suggestion: Serve with mixed salad and beetroot.

Infants 7-12 months

Typical portion size:

About 30g chicken and 30-40g couscous, with 30g beetroot and cucumber strips.

Serving to infants 7-9 months:

Blend or mash the cooked chicken and couscous until smooth with soft lumps. Serve with cooked beetroot strips and cucumber sticks as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked chicken and couscous to the desired consistency. Serve with cooked beetroot strips and cucumber sticks as a finger food.

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

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Autumn / Winter
1-4 years



Homemade ham flatbread



T

Preparation time: 20 minutes

Cooking time: 10 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Self-raising flour (plus extra for kneading)	50g	200g
Wholemeal self-raising flour	50g	200g
Plain whole milk yoghurt	100g	400g
Ham	100g	400g
Mushrooms	100g	400g
Mozzarella	40g	200g
Cheddar cheese	40g	200g
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)

Typical portion size for 1-4 years: 115g

Included in: Spring/summer menu

Method

1. Sift the flours into the mixing bowl. Add the yoghurt and stir until well mixed.
2. Tip onto a clean, floured worktop and knead gently until smooth. Clean and flour the surface again and roll out into one large or several small pizza bases. Leave to rest for 5 minutes.
3. Pre-heat the grill to medium to hot.
4. Meanwhile, slice the ham and mushrooms and grate the cheese.
5. Place a frying pan over a low to medium heat. Cook the flatbread pizza base(s) until crisp and golden on one side, then turn and repeat. Transfer to a baking sheet.
6. Spread the tomatoes over the bread bases then top with ham, mushrooms and the cheese.
7. Place the assembled pizza(s) under the grill until the topping is hot and the cheese is bubbling.

Serving suggestion: Allow children to make the flat breads during the afternoon session.

Infants 7-12 months

Typical portion size:

About 100g flatbreads.

Recipe adaptations:

Serve without ham to limit the salt content for infants.

Serving to infants 7-9 months:

Cut flatbreads into strips and serve with sticks of pepper as a finger food.

Serving to infants 10-12 months:

Cut flatbreads into strips and serve with sticks of pepper as a finger food.

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

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Spring / Summer
1-4 years



Homemade mackerel pâté



T

Preparation time: 10 minutes

Cooking time: None

Fish dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Canned mackerel in brine, drained	150g (1 x 212g can, drained)	600g (4 x 212g cans, drained)
Cream cheese	50g	200g
Semi skimmed milk	15ml (1 tablespoon)	60ml (4 tablespoons)
Plain whole milk yoghurt	50g (1 heaped tablespoon)	200g (4 heaped tablespoons)
Lemon juice	20ml (1 tablespoon)	80ml (4 tablespoons)

Typical portion size for 1-4 years: 60g

Included in: Autumn/winter menu

Method

1. Use a fork to finely mash the fish.
2. Add the cream cheese, milk, natural yoghurt and lemon juice to the fish and mash into a paste.

Serving suggestion: Serve with baked potatoes and salad.

Infants 7-12 months

Typical portion size:

About 40g pate.

Serving to infants 7-9 months:

Blend or mash until smooth with soft lumps.

Serving to infants 10-12 months:

Chop or mince to the desired consistency.

Note: Pate bought from a shop should not be given to young children for food safety reasons.

***Allergy Information:** Contains milk, fish*

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Autumn / Winter
1-4 years



Lamb and mint kofta with tomato sauce



T

Preparation time: 20 minutes

Cooking time: 30 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Koftas		
Onion, peeled	60g (1 small)	240g (1 large)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Fresh mint	1g (1-2 sprigs)	4g (4-6 sprigs)
Fresh parsley	1g (1-2 sprigs)	4g (4-6 sprigs)
Egg	25g (½ egg)	100g (2 eggs)
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Minced lamb	265g	1.1kg
White breadcrumbs	20g	80g
Flour	10g (½ level tablespoon)	40g (2 level tablespoons)
Tomato sauce		
Onion, peeled	30g (½ small)	120g (2 small)
Garlic, peeled	2g (½ clove)	8g (2 cloves)
Vegetable oil	5g (1 teaspoon)	20g (2 tablespoons)
Plain flour	7g (2 level teaspoons)	28g (1 heaped tablespoon)
Tomato purée	10g (1 level tablespoon)	40g (2 ½ tablespoons)
Canned chopped tomatoes	100g (½ x 200g can)	400g (1 x 400g can)
Dried oregano	0.5g (½ teaspoon)	2g (2 teaspoons)

Typical portion size for 1-4 years: 95g

Included in: Spring/summer menu

Method

1. Pre-heat the oven to 190°C/375°F/Gas mark 5.
2. To make the koftas, finely dice the onion and garlic and roughly chop the mint and parsley. Beat the egg.
3. Heat the oil in a pan and add the onions and garlic. Cook for 3-4 minutes until softened. Set aside and allow to cool slightly.
4. In a large bowl, combine the lamb, mint, parsley, breadcrumbs and eggs. Then add the onions and garlic.
5. With floured hands, shape the mixture into kebab sticks. Place in an ovenproof dish and bake in the oven for 30 minutes or until thoroughly cooked.
6. Meanwhile, to make the tomato sauce, chop the onion and garlic.
7. Heat the oil in a pan, add the onions and garlic and cook for 3-4 minutes until soft.
8. Add the plain flour and stir well. Cook for a further 2 minutes.
9. Add the tomato purée, tomatoes and oregano. Simmer for 15-20 minutes or until the sauce has thickened.

Serving suggestion: Serve with wholemeal pitta bread.

Infants 7-12 months

Typical portion size:

About 75g koftas with 20g pitta bread.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the koftas and sauce until smooth with soft lumps. Serve with pitta bread strips as a finger food.

Serving to infants 10-12 months:

Chop or mince the koftas and sauce to the desired consistency. Serve with pitta bread strips as a finger food.

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

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Spring / Summer
1-4 years



Lamb Kheema



T

Preparation time: 10 minutes

Cooking time: 55 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Onion, peeled	75g (½ medium)	300g (2 medium)
Garlic, peeled	4g (1 clove)	16g (4 cloves)
Potatoes, peeled	75g	300g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Curry powder	3g (1 teaspoon)	12g (4 teaspoons)
Lamb mince	275g	1.1kg
Canned chopped tomatoes	200g (1 x 200g can)	800g (2 x 400g cans)
Frozen peas	125g	500g

Typical portion size for 1-4 years: 130g

Additional recipe: try instead of lamb tagine

Method

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Dice the onions, garlic and potato.
3. Heat the oil in a pan and add the onions and garlic. Cook for 3-4 minutes until starting to soften.
4. Add curry powder and cook for 1-2 minutes.
5. Add the mince and brown well.
6. Add the potatoes and tomatoes and bring to the boil.
7. Pour into an ovenproof dish, cover and bake in the oven for 30-40 minutes until the potato is cooked through. Checking regularly, adding water if required. Add the frozen peas 5 minutes before the end of the cooking time.

Serving suggestion: Serve with naan bread.

Infants 7-12 months

Typical portion size:

Around 60g kheema with 20g naan bread.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash/blend the kheema until it is smooth with soft lumps. Serve with strips of naan bread.

Serving to infants 10-12 months:

Chop or mince the kheema to the desired consistency. Serve with strips of naan bread.

***Allergy Information:** Contains mustard*

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1-4 years

Lemon chicken wrap with lettuce and cucumber



T

Preparation time: 10 minutes

Cooking time: 20 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Chicken breast	250g	1kg
Lemon juice and zest	½ lemon	2 lemons
Lettuce	50g	200g
Cucumber	150g	600g
Tortilla wraps	160g (5)	640g (20)
Cream cheese	40g	160g

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. Slice the chicken into strips.
3. Mix together the lemon juice and zest and pour over the sliced chicken to marinade.
4. Place the chicken fillets on a baking tray and roast in the oven for 10-15 minutes or until thoroughly cooked.
5. Meanwhile, slice the lettuce and cucumber.
6. Spread the tortillas with the cream cheese and add the sliced lettuce and cucumber.
7. Place the chicken on the top of the wrap.
8. Roll up the tortilla and cut into halves.

Serving suggestion: Provide children with the prepared ingredients to make their own wraps.

Infants 7-12 months

Typical portion size:

About 80g (including chicken and pitta bread strips).

Recipe adaptations: None.

Serving to infants 7-9 months:

Serve the lemon chicken strips as a finger food, or mash until smooth, and serve with pitta bread strips and cucumber batons.

Serving to infants 10-12 months:

Serve the lemon chicken strips as a finger food, or chop/mince to the desired consistency, and serve with pitta bread strips and cucumber batons.

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

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Spring / Summer
1-4 years



Pea, ham and mushroom pasta bake



T

Preparation time: 15 minutes

Cooking time: 40 minutes

Meat dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
White pasta	210g	840g
Mushrooms	75g	300g
Onion, peeled	75g (1½ medium)	300g (2 medium)
Garlic, peeled	8g (2 cloves)	32g (8 cloves)
Fresh basil	5g (3-4 sprigs)	20g (1 small bunch)
Ham	175g	700g
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Canned chopped tomatoes	200g (1 x 200g can)	800g (4 x 400g cans)
Tomato purée	12g (1 tablespoon)	50g (4 tablespoons)
Frozen peas	50g	200g

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. Cook the pasta according to manufacturer's instructions. When cooked, drain and place in an ovenproof dish ensuring that the pasta only half fills the dish.
3. Chop the mushrooms, onions, garlic, basil and ham.
4. Heat the oil and add the onions and mushrooms until softened.
5. Add the chopped tomatoes, tomato purée and peas, stir and simmer for 15 minutes.
6. Add the basil and diced ham.
7. Pour the sauce over the pasta and mix well.
8. If the pasta mix is a little stiff, add a drop of water and place in the oven for 15 to 20 minutes.

Serving suggestion: Serve with mixed salad.

Infants 7-12 months

Typical portion size:

About 100g pasta bake, served with about 30g broccoli florets.

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 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 broccoli florets as a finger food.

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

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Autumn / Winter
1-4 years



Salmon and broccoli pasta



T

Preparation time: 20 minutes

Cooking time: 20 minutes

Fish dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Fresh or canned salmon, drained	200g fresh or 1 x 212g can, drained	800g fresh or 2 x 418g cans, drained
Onion, peeled	30g (½ small)	120g (2 small)
Broccoli	75g	300g
Cheddar cheese	30g	120g
White pasta	210g	840g
Vegetable oil spread	15g	60g
Plain flour	15g (3 teaspoons)	60g (2 heaped tablespoons)
Semi-skimmed milk	300ml	1.2L
Dried parsley	0.5g (½ teaspoon)	2g (2 teaspoons)

Typical portion size for 1-4 years: 220g

Included in: Spring/summer menu

Method

1. Either cook the fresh salmon or prepare the canned salmon by removing all bones and skin.
2. Finely chop the onion and cut the broccoli into small florets. Grate the cheese.
3. Boil the pasta according to the instructions on the packet, then drain.
4. Cook the broccoli and onion in boiling water until just tender, for approximately 10 minutes.
5. Make the cheese sauce: heat the vegetable oil spread in a saucepan and stir in the flour. Remove from the heat and add the milk gradually and whisk until smooth. Bring the sauce to a gentle simmer, stirring all the time until it thickens. Add the grated cheese and stir until melted.
6. Combine the cheese sauce, pasta and broccoli then fold in the cooked, cooled salmon and parsley.

Serving suggestion: Serve with sweetcorn.

Infants 7-12 months

Typical portion size:

About 100g pasta with 25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked pasta dish until it is smooth with soft lumps. Serve with baby corn as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked pasta dish to the desired consistency. Serve with baby corn as a finger food.

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

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Spring / Summer
1-4 years



Salmon and vegetable rice salad



T

Preparation time: 5 minutes

Cooking time: 20 minutes

Fish dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Green pepper, deseeded	80g (½ medium)	320g (2 medium)
Red chilli, deseeded	5g (¼ chilli)	20g (1 chilli)
Spring onion	50g (5 onions)	200g (20 onions)
Fresh coriander	12g (8-10 sprigs)	48g
Fresh basil	12g (8-10 sprigs)	48g
White rice	160g	640g
Frozen peas	75g	300g
Frozen sweetcorn	75g	300g
Salmon fillets	225g	900g
Lime juice	10ml (½ lime)	40ml

Typical portion size for 1-4 years: 190g

Included in: Autumn/winter menu

Method

1. Dice with the pepper, red chilli and spring onion. Roughly chop the herbs.
2. Bring a pan of water to the boil and add the rice. Simmer for 8 mins then add the peas and sweetcorn and simmer for a further 4 mins.
3. Drain the rice, peas and sweetcorn and rinse under cold water. Leave to one side to cool.
4. Meanwhile steam or bake the salmon.
5. When cooled, place the rice, peas and sweetcorn into a bowl. Flake in the salmon and add all of the other diced ingredients, including the juice of the lime.

Serving suggestion: Use seasonal herbs, allowing the children to smell and taste them before they are added.

Infants 7-12 months

Typical portion size: About 100g rice salad, served with about 30g avocado slices.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the cooked rice salad until it is smooth with soft lumps. Serve with avocado slices as a finger food.

Serving to infants 10-12 months:

Chop or mince the cooked rice salad to the desired consistency. Serve with avocado slices as a finger food.

***Allergy Information:** Contains fish*

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Autumn / Winter
1-4 years



Sardine pate on toast



T

Preparation time: 10 minutes

Cooking time: 5 minutes

Fish dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Spring onion	10g (1)	40g (4)
Garlic, peeled	4g (1 clove)	8g (2 cloves)
Cucumber	65g	260g
Fresh basil	2g (1-2 sprigs)	8g (6-8 sprigs)
Canned sardines, in brine, drained	80g (1x 120g can, drained)	320g (4 x 120g cans, drained)
Lemon juice	5ml (1 teaspoon)	20ml (4 teaspoons)
Greek yoghurt	50g	200g
Cottage cheese	25g	100g
White bread	125g (5 slices)	500g (20 slices)

Typical portion size for 1-4 years: 65g (35g pate, 25g toast)

Included in: Spring/summer menu

Method

1. Dice the spring onion, garlic, cucumber and basil.
2. Put the sardines in a blender with the lemon juice and process until the sardine mixture is a smooth consistency.
3. If necessary, drain the yoghurt and/or cottage cheese in a sieve then mix with the sardines
4. Fold in the garlic, cucumber and basil.
5. Toast the bread and then spread with the pâté.

Serving suggestion: Allow children to spread their own pâté onto the toast. Serve with grilled tomatoes.

Infants 7-12 months

Typical portion size:

About 35g pate, 20g toast fingers and 25g tomatoes.

Recipe adaptations: None.

Serving to infants 7-9 months:

Blend or mash the pâté until it is smooth with soft lumps and serve with toast fingers and tomatoes.

Serving to infants 10-12 months:

Chop or mince the pâté to the desired consistency. Serve with toast fingers and tomatoes.

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

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Spring / Summer
1-4 years



Tuna fishcakes



T

Preparation time: 25 minutes

Cooking time: 30 minutes

Fish dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Baking potatoes, peeled	400g (2½ medium)	1.6kg (10 medium)
Onion, peeled	60g (1 small)	240g (1 large)
Canned tuna in spring water, drained	150g (1¼ x 185g cans, drained)	600g (4½ x 185g cans (drained))
Dried mixed herbs	1g (1 teaspoon)	4g (4 teaspoons)
Wholemeal bread	50g (2 medium slices)	200g (8 medium slices)
Egg	50g (1 medium)	200g (4 medium)

Typical portion size for 1-4 years: 145g

Included in: Spring/summer menu

Method

1. Preheat the oven to 200°C /400°F/gas mark 6. Grease a baking tray with half the oil.
2. Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for 20 minutes or until soft.
3. Drain the potatoes and mash them until smooth.
4. Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.
5. Combine the potatoes, onions, tuna and herbs in a large bowl.
6. Make the bread into breadcrumbs and beat the egg in a bowl.
7. Roll the potato and tuna mixture into balls, coat in egg and breadcrumbs and place on the greased baking tray. Bake in the oven for 20-30 minutes.

Serving suggestion: Serve with tomato relish.

Infants 7-12 months

Typical portion size:

About 70g fishcake, with
25g vegetables.

Recipe adaptations: None.

Serving to infants 7-9 months:

Mash the fishcakes until smooth with soft lumps, or slice and serve as a finger food. Serve with vegetable sticks.

Serving to infants 10-12 months:

Chop or mince the fishcakes to the desired consistency, or slice and serve as a finger food. Serve with vegetable sticks.

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

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Spring / Summer
1-4 years



Tuna mayonnaise



T

Preparation time: 5 minutes

Cooking time: None

Fish dish

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Canned tuna in spring water, drained	130g (1 x 160g can, drained)	520g (4 x 160g cans, drained)
Mayonnaise	15g (1 level tablespoon)	60g (4 level tablespoons)
Plain whole milk yoghurt	15g (1 teaspoon)	60g (4 teaspoons)

Typical portion size for 1-4 years: 30g
Included in: Autumn/winter menu

Method

1. Flake the tuna. Add the mayonnaise and yoghurt and mix well.

Serving suggestion: Serve with jacket potato and carrot and cucumber sticks.

Infants 7-12 months

Typical portion size:

About 30g tuna mayonnaise, served with 30-40g baked potato and about 30g carrot and cucumber sticks.

Recipe adaptations:

None, but ensure bought mayonnaise (rather than homemade) is used for infants under 12 months, so the egg is pasteurised.

Serving to infants 7-9 months:

Blend or mash the tuna with the cooked potato until it is smooth with soft lumps. Serve with vegetable sticks as a finger food.

Serving to infants 10-12 months:

Chop or mince the tuna and cooked potato to the desired consistency. Serve with vegetable sticks as a finger food.

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

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Autumn / Winter
1-4 years

