

Preparation time: 5 minutes

Cooking time: 5 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Dried apricots	50g	200g
Raisins	25g	100g
Couscous	175g	700g
Water	220ml	880ml
Olive or vegetable oil	5ml (1 teaspoon)	15ml (1 tablespoon)
Lemon juice	10ml (1 dessertspoon)	40ml (1½ tablespoons)

Typical portion size for 1-4 years: 100g

Additional recipe: try in the place of herb couscous

Method

1. Finely chop the apricot and raisins.
2. Prepare the couscous according to the manufacturer's instructions.
3. Add finely chopped apricots and raisins.
4. Mix the olive oil and lemon juice together and add to couscous mix.
5. Combine well before serving.

Serving suggestion: Serve with koftas.

Infants 7-12 months

Typical portion size: Around 40g.

Recipe adaptations:

Ensure the dried fruit is finely chopped when serving to infants.

* **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

Jacket potato

T

Preparation time: 2 minutes

Cooking time: 2 hours

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Baking potatoes	750g	3kg

Typical portion size for 1-4 years: 90g
Included in: Autumn/winter menu

Method

1. Pre heat the oven to 180°C/350°F/gas mark 4.
2. Bake the potatoes in the oven for about 2 hours

Serving suggestion: Serve with tuna mayonnaise or cheese and sweetcorn.

Infants 7-12 months

Typical portion size: 40g.

* **Allergy Information:** None

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Autumn / Winter
1-4 years



New potato salad

T

Preparation time: 10 minutes

Cooking time: 25 minutes

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Potato, peeled	450g	1.8kg
Red onion, peeled	40g (½ small)	160g (1 medium)
Mayonnaise*	25g (1 tablespoon)	100g (4 tablespoons)

Typical portion size for 1-4 years: 100g

Included in: Spring/summer menu

* Use bought mayonnaise (rather than homemade) for this recipe, as the eggs will have been pasteurised.

Method

1. Wash and dice the potatoes and onion.
2. Boil the potatoes in unsalted water until they are soft (approximately 20 minutes).
3. Drain the potatoes and leave to cool.
4. Once cooled, combine the potatoes, onion and mayonnaise and serve.

Serving suggestion: Serve with crustless quiche or frittata.

Infants 7-12 months

Typical portion size: 40g.

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

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Spring / Summer
1-4 years



Pitta bread fingers

T

Preparation time: 5 minutes

Cooking time: None

Starchy accompaniment

Ingredients

Wholemeal pitta bread

Typical portion size for 1-4 years: 35g

Included in: Spring/summer menu

Quantity (serves 5)

175g (5 mini or 2½ small)

Quantity (serves 20)

700g (20 mini or 10 small)

Method

1. Warm the pitta bread according to the manufacturer's instructions and then slice into fingers.

Serving suggestion: Serve with mixed bean chilli.

Infants 7-12 months

Typical portion size: 20g.

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

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Spring / Summer
1-4 years



White toast and vegetable oil spread

T

Preparation time: 5 minutes

Cooking time: None

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
White bread, sliced or rolls	125g	500g
Vegetable oil spread	20g	80g

Typical portion size for 1-4 years: 25g

Included in: Spring/summer menu

Method

1. Toast the bread. Add the spread to each slice of toast thinly and cut in half.

Serving suggestion: Serve with sardine pate or houmous.

Infants 7-12 months

Typical portion size: 20g.

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

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Spring / Summer
1-4 years



Wholemeal bread and vegetable oil spread

T

Preparation time: 5 minutes

Cooking time: None

Starchy accompaniment

Ingredients	Quantity (serves 5)	Quantity (serves 20)
Wholemeal bread, sliced or rolls	125g	500g
Vegetable oil spread	20g	80g

Typical portion size for 1-4 years: 25g
Included in: Spring/summer menu

Method

1. Add the spread to the bread thinly and cut each slice of bread in half.

Serving suggestion: Serve with soup.

Infants 7-12 months

Typical portion size: 20g.

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

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Spring / Summer
1-4 years

