



'Around the World In 16 Plates'

The recipes in this booklet are designed to suit the food preferences of young people. Nutritional considerations have been accounted for based on the *school food standards*, all recipe quantities have been calculated against 11-18 year old serving sizes.

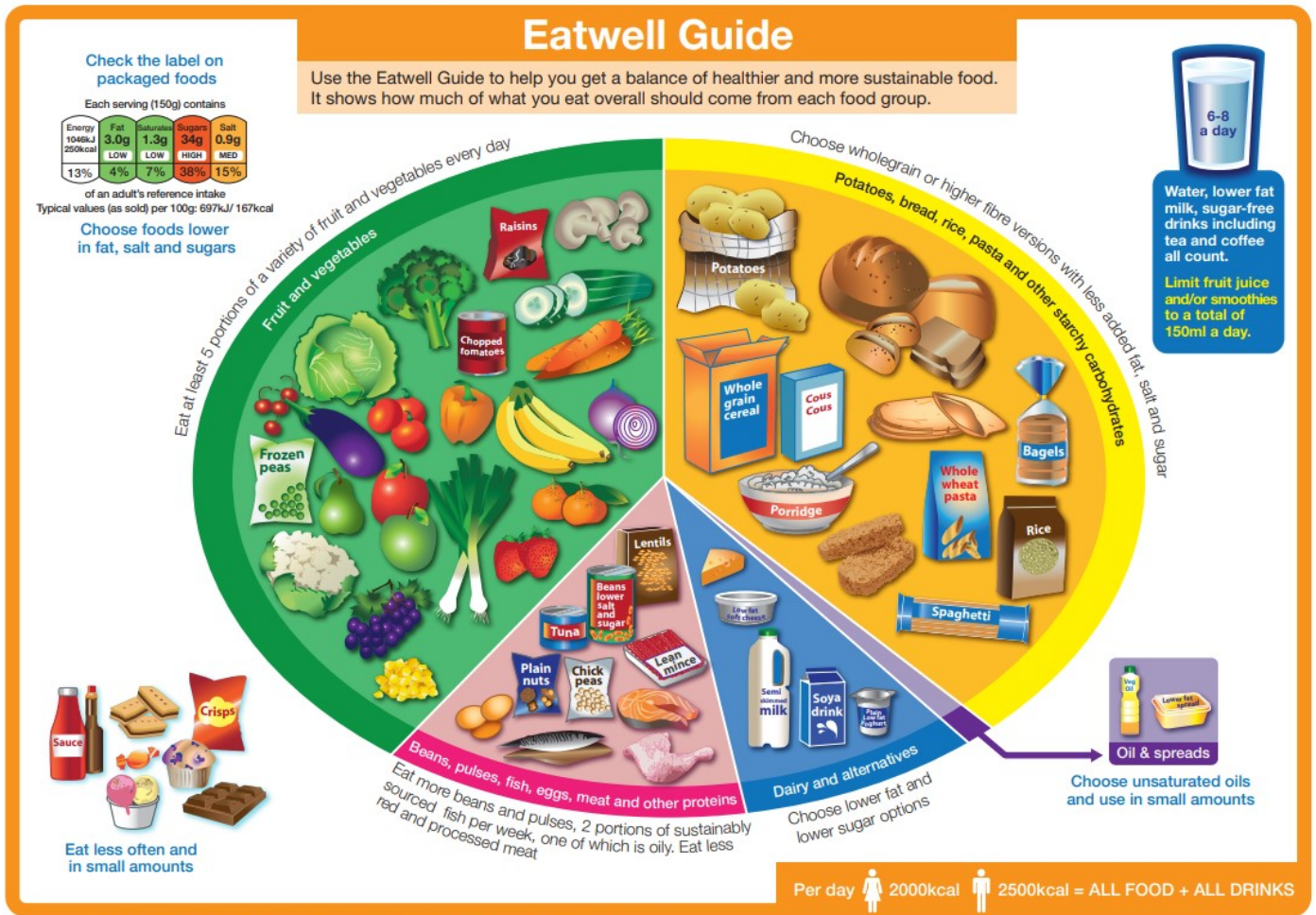
The concept was created using the '4 by 4 by 4' HAF model (16 sessions run for a minimum of 4 hours for 4 sessions per week over a duration of 4 weeks). Any of these 16 meals can be selected and cooked for the young people at your session, they are recipes from around the world which can be prepared, cooked and served for each session.

The ethnic make-up of Kirklees is diverse therefore using the 2011 census data, we have ensured some of the recipes reflect the people who make up the place we all share and call home.

The recipes can be adapted to ensure that children will enjoy them and are nutritionally appropriate.

(please note we have used 'creative license' in some instances (e.g. Fishfinger sandwiches from Iceland). If we have got any of the countries/dishes incorrectly stated please forgive us-it was not intentional. Inform us of the correction and we will amend the resource for next time. Finally, we have included more than 16 recipes just to allow for some flexibility in case there are some dishes that may not be suitable.

The EatWell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Tips:

- Meat imitation products such as Quorn are often used within school meals therefore opting for the Quorn brand will help acceptance of meals as children are already consuming these at school
- If opting to use meat ensure there are no pork products for Muslim children and any raw meat is handled correctly
- Serve wholemeal or 50/50 bread and low fat spread with every meal as a side to ensure children are meeting daily calorie intake and that they always have access to food that they will enjoy alongside the main meal.
- Budgeting; shop at affordable supermarkets or local market stalls and buy seasonal produce where possible.
- Fruit and vegetables can be fresh, frozen, dried, tinned (if in natural juices or water rather than brine or syrups). Maximum **150mls** fruit juice can contribute 1 serving of fruit per day.
- Fruit and vegetable intake should be available every day; **80g = 1 of 5-a-day intake**
- Healthy drinks include: water, milk, 150 fruit or vegetable juice,

Desserts

Desserts should also contribute towards the positive nutrient intake for a young person each day. They should ideally be:

- Fruit based
- Dairy based (low or reduce fat varieties)

They should ideally not be:

- High in refined or added sugar
- High in saturated fat such as butter, cream or other full fat dairy items

Some good examples include:

- Chopped fruit with low sugar low fat yoghurt or ice-cream
- Home made smoothies
- Scone with reduced sugar jam & fresh fruit
- Baked cakes or biscuits made with ripe fruit to sweeten opposed to white sugar



Smoothie Ingredients may include ingredients such as:

- * Fruit (fresh, frozen or tinned in natural juice); bananas, strawberries, raspberries etc
- * Vegetables; spinach, avocado, cucumber
- * Dairy; Low fat plain yoghurt, skimmed milk
- * Add oats for energy
- * Adding ice will make the smoothie cold & slushy like a frozen dessert
- * Avoid using fruit juice to dilute the smoothie & opt for milk instead; soya milk or low fat cows milk

Allergens

Below are the UK's Foods Standards Agency guidance on the top 14 allergens which by law must be labelled on food packaging or the information must be available if asking at a café for example. Equally you should be able to provide this information to each child or their family and cook food appropriately. It ensures the safety of all the children. Please be aware that these are the top 14 allergens however there are many known allergens beyond this list. Ask all families what their known allergens/intolerances are and ensure all food labels are read even seasonings such as stock cubes and condiments as gluten and celery can be found here too!

The 14 ALLERGENS



Cooking activities

Due to the current Covid-19 epidemic it is not advisable to run food based activities due to the potential spread of bacteria. If a cooking activity is planned then each child must have their own equipment, own selection of food and they must only consume what they have made themselves. An activity where this may work would be making fruit kebabs; each child would be given an allocation of prechopped fruit and they can build this on to their own kebab stick for a snack or dessert. Correct hand washing should always take place before a food based activity or meal.

Child health

The number of children who are an unhealthy weight in the UK is on the rise with 1 in 5 four year olds and 1 in 3 eleven year olds currently overweight or obese. Activity guidelines are currently not being achieved at 60 minutes of moderate activity every day for children. Most of the meals in this recipe pack are meat free the reasons for this are: To help reduce overall saturated fat in the diet, minimising high risk food handling within a holiday club, consuming fewer animal products has positive health benefits and less meat consumption is more environmentally friendly. The Eatwell Guide pictured below also encourages more sustainable protein sources such as; beans, pulses, fish & eggs.

Jacket Potato & Beans



Allergens :

Always ensure you check individual ingredients for allergen information

- * Cheese

Optional / nutritional considerations:

- * Bagged salad can be swapped for any salad or vegetable items of your choice depending on what is seasonally available providing there is always the option of some additional vegetables at the meal (eg sweetcorn/cucumber/cherry tomatoes etc)

Ingredients (for 10):

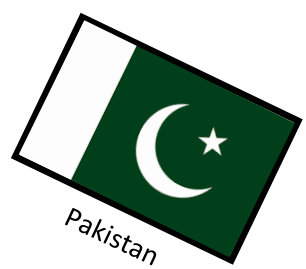
- * 10 Jacket sized sweet or white potatoes (~400g each raw potato)
- * 3 x 410g tins reduced salt & sugar baked beans
- * 400g Grated cheese (optional)
- * 2 large bags (800g) of salad to serve on the side
- * Low fat dressing/vinegarette or fresh lemon/lime juice (optional)



Let's get cooking...

1. Preheat the oven to 180 degrees centigrade
2. Wash the potatoes and ensure the skins are edible - remove any mottled bits with a knife prior to cooking
3. Place on a baking tray and in to the oven, check the potatoes every 15-20 minutes giving them a prick with a knife to check if they are softening. Turn each potato over to rotate them to even cooking and place in to the oven until fully soft
4. Once cooked jacket potatoes can be kept warm in the oven on a low heat until ready to serve lunch.
5. Meanwhile prepare the salad items of choice and grate the cheese if using
6. When ready to serve warm up the baked beans in a pan or microwave according to the packet instructions.
7. Serve & enjoy.

Tikka Masala & Rice



Allergens :

Always ensure you check individual ingredients for allergen information

- * Egg
- * Milk

You will need (for 10):

- * 1kg Quorn pieces (or lentils and other vegetables if you wish)
- * 6ml oil - rapeseed or vegetable
- * 440g diced onions– (approx. 2)
- * 2 x 500g jars tikka masala sauce
- * 650g raw wholegrain rice
- * Serve salad items or yoghurt raita sauce on the side (plain low fat yoghurt mixed with a small amount of mint sauce)

Optional / nutritional considerations:

- * Adding extra vegetables to the curry would be a great choice; choose veggies that young people will enjoy such as mushrooms, peas, carrots, sweet potatoes, tinned chickpeas etc equating to 80g in weight of vegetables (or more) per child (equal to 1 of their 5-a-day)
- * Buy the healthiest curry sauce available such as a supermarket 'healthier' range—this helps to keep the fat content lower and salt level too.



Let's get cooking...

1. Heat the oil in a pan & fry the onions until soft.
2. Add the Quorn pieces & stir fry for 2 mins.
3. Add the tikka masala sauce and add additional vegetables or lentils if you choose. Simmer for 20 minutes and ensure food the quorn is fully heated through and piping hot.
4. Cook the rice according to the manufacturer's instructions.
5. Serve the rice and curry together with salad items and yoghurt sauce on the side if possible.

Fish Finger Sandwich



Allergens :

Always ensure you check individual ingredients for allergen information

- * Fish
- * Gluten
- * Celery
- * Milk (margarine)

Optional / nutritional considerations:

- * Opt for wholemeal bread
- * Buy reduced salt & sugar ketchup
- * The chunkier the chip the better!
- * No need to buy branded fish fingers or chips, supermarket own brands are often equivalent
- * Alaskan pollock fish fingers taste like cod but are more sustainable & contribute to omega-3 fats

You will need (for 10):

- * 30 fish Fingers
- * 1,500g oven Chips
- * 800g garden peas or sweetcorn (frozen, fresh or tinned)
- * 20 slices bread for Fish Finger Sandwich
- * 1 tub Flora original Spread
- * 1 bottle tomato ketchup
- * 2 large bags salad Garnish



Let's get cooking...

1. Cook Fish Fingers in oven following manufacturer's instructions.
2. Cook chips in oven following manufacturer's instructions.
3. Cook peas/sweetcorn in a pan or cook in microwave.
4. Serve all together.

For Fish Finger Sandwich :

Cook Fish Fingers in oven following manufacturer's instructions.

Spread flora original lightly on to bread.

Place fish Fingers between 2 slices of bread.

Serve with Side Salad & Ketchup if required.

Create Your Own Pizza



Allergens :

Always ensure you check individual ingredients for allergen information

- * Gluten
- * Milk

You will need (for 10):

- * 10 Bases - Examples: large Wholemeal pitta Breads, large french bread sticks, 12" pizza Bases or tortilla/wraps
- * 2 tubes tomato puree with a sprinkle of dried oregano
- * 400g Grated Cheese
- * 400g vegetables of your choice; peppers, mushrooms, sweetcorn etc
- * 700g Cooked Meat or tinned fish
- * Serve with roasted vegetables, or reduced fat coleslaw (80g per child minimum)

Optional / nutritional considerations:

- * Use any selection of vegetables, fruit (pineapple), tinned fish or pre-cooked meat/plant-meats
- * Buy lighter cheese to reduce the fat content
- * If making a pizza sauce from scratch grate carrots, courgette or lentils in to the base, add passata & herbs & blend



Let's get cooking...

1. Place chosen base on baking tray.
2. Spread with sauce.
3. Sprinkle with a handful of cheese.
4. Top with vegetables, lentils, meat, fish or chosen combination.
5. Cook in hot oven for approx. 10 mins
6. Serve with 80g salad, roasted vegetables or coleslaw.

Tomato Pasta



Allergens :

Always ensure you check individual ingredients for allergen information

- * Milk
- * Gluten

Optional / nutritional considerations:

- * Jar sauces can be used however opt for low salt & sugar ones where possible
- * Add extra veg such as sweetcorn, mushrooms, spinach, grated carrots or olives to meals
- * Choose reduced fat cheese
- * Avoid adding salt to food
- * Serve with vegetables or fresh salad items (80g = 1 of 5-a-day)

You will need:

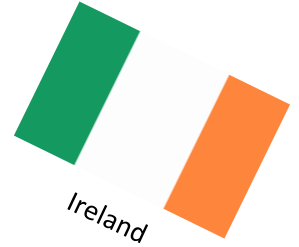
- * 800g wholegrain pasta
- * 800g Tomato passata
- * 3 tbsp Dried oregano
- * 3 Garlic cloves, finely grated
- * 1,000g chickpeas, cooked lentils, vegetarian meatballs
- * 10 Garlic bread slices
- * 400g Grated cheddar
- * Serve with steamed vegetables or fresh salad (minimum 80g per child)



Let's get cooking...

1. Cook Pasta and drain well. (Tip add a tiny bit of oil to the water when cooking to stop it sticking together).
2. Cook Garlic slices for approx. 10 mins.
3. Warm shop bought pasta sauce, or make homemade by adding a splash of oil to a hot pan, add garlic & fry for a few seconds. Add passata and dried oregano and simmer . To add a source of protein use vegetarian meat balls, or lentils, beans or chickpeas if desired and cook until the correct temperature is reached.
4. Add all of the ingredients together; place pasta in dish, pour over sauce, sprinkle with cheese.
5. Serve with a garlic slice

Bangers & Mash



Allergens :

Always ensure you check individual ingredients for allergen information:

- * Soya
- * Celery
- * Milk
- * Gluten

Optional / nutritional considerations:

- * Buy plant-based or vegetarian sausages & bake or oven cook rather than frying.
- * If you buy meat based sausages opt for above 60% meat content or higher
- * Can opt for white potatoes for mash rather than sweet potatoes
- * Vegetables can be fresh, frozen or tinned (in water not brine)

You will need (For 10):

- * 20 Sausages (vegetarian)
- * 1 tub Gravy Mix
- * 800g Seasonal Vegetables
- * 2,500g sweet potatoes, peeled
- * 25g Flora Original
- * 25ml Milk



Let's get cooking...

1. Bake Sausages in oven until thoroughly cooked (follow cooking instructions on the packet to ensure they are cooked thoroughly).
2. Peel and chop potatoes, boil until soft, drain off water and add flora and milk, mash Well.
3. Cook vegetables.
4. Make gravy following manufacturer's instructions
5. Serve with a bread roll.

Biryani



Allergens :

Always ensure you check individual ingredients for allergen information

- * Celery

Optional / nutritional considerations:

- * Add cooked tinned chickpeas, lentils or a cooked vegetarian plant-based meat to **boost protein** (100g per child)
- * Add a variety of different vegetables to suit your budget & taste preferences

You will need (For 10):

- * 650g raw basmati rice
- * 2.5 tbsp curry paste
- * 2 medium onions, chopped
- * vegetable oil
- * 1250ml vegetable stock
- * 1,600g mixed frozen vegetables



Let's get cooking...

1. Add a splash of oil to a saucepan and gently fry onions until soft. Add the frozen vegetables and the rice and stir.
2. Add curry paste to the vegetables and mix. Pour over stock and leave to simmer until rice is cooked. Stir from time to time and check consistency of the rice. Add more water if necessary.

Welsh Rarebit



Allergens :

Always ensure you check individual ingredients for allergen information

- * Gluten
- * Milk
- * Celery

Optional / nutritional considerations:

- * Choose reduced fat cheese
- * Add crunchy vegetables, salad and/or a lighter fat coleslaw on the side (80g = 1 of 5-a-day intake)

You will need (For 10):

- * 20 slices thick wholemeal, 50/50 or granary bread
- * 400g grated cheese
- * Worcester sauce
- * 1,200g reduced salt & sugar baked beans



Let's get cooking...

1. Preheat the oven to 180c or grill to a medium heat and place the bread on baking trays in the oven or under the grill. Lightly toast one side of the bread.
2. Remove the bread from the oven and top each slice of bread with a small handful of grated cheese, lightly sprinkle with Worcester sauce (optional)
3. Cook in the oven or under the grill until the cheese melts, begins to bubble and starts to golden slightly
4. Serve with baked beans heated up in a pan or microwave according to the packet instructions

Channa



Allergens :

Always ensure you check individual ingredients for allergen information

You will need (for 10):

- * 2 medium onions (thinly sliced)
- * 6 cloves fresh garlic (finely chopped)
- * 1,200g tinned chickpeas –strained but save chickpea water
- * 3-4 teaspoons curry powder (mild)
- * Oil
- * 4-5 medium potatoes (cubed)
- * Seasoning (curry paste, black pepper, all-purpose seasoning, chilli powder, tomato puree)
- * 650g Basmati rice (to serve) - cook according to packet instructions

Optional / nutritional considerations:

- * Add additional vegetables such as spinach, mushrooms, courgettes, peppers etc (80g = 1 Of 5-a-day portion of fruit or veg).
- * Serve with flat breads, wraps, naan breads, roti or similar



Let's get cooking...

1. Heat oil in a saucepan and add 1 tsp curry powder to brown (but do not burn)-add onions and garlic and sauté for 2-3 mins until soften
2. Add the potato and strained chick peas-stir to colour with oil and sauté 2-3 mins
3. Add all seasoning and another teaspoon of curry powder, stir well-then add the water from chickpeas-stir again
4. Cook a medium heat until potatoes soft but not mushy and another teaspoon of puree if it needs more colour
5. Serve with basmati rice (or roti/chapatti) and a salad

Chow Mein



Allergens :

Always ensure you check individual ingredients for allergen information

- * Sesame
- * Nuts
- * Egg

You will need (for 10):

- * 800g dried packet egg noodles
- * 1 inch Fresh ginger and 4 garlic cloves minced finely
- * 2 peppers, chopped in to thin lengths
- * 1,600g additional vegetables; beansprouts, frozen sweetcorn, mushrooms, spinach etc
- * Reduced salt soya sauce
- * 1000g optional to add quorn style chicken pieces or pre-cooked chicken / cooked frozen chicken pieces

Optional / nutritional considerations:

- * Buy a premade chow mein sauce in place of ginger, garlic & soya sauce (home made is the healthier choice)
- * Sprinkle the meal with roasted sesame seeds
- * Buy seasonal vegetables to reduce costs
- * Opt for wholmeal noodles if possible
- * 80g fruit or veg = 1 of 5-a-day serving



Let's get cooking...

1. In a large wok or pan add a splash of oil and add the ginger & garlic for 30 seconds. If using quorn chicken pieces (or pre-cooked fresh or frozen chicken pieces) add these to the pan now and cook thoroughly according to the packet instructions. Add the vegetables and cook until soft on a high heat—approximately 5-7 minutes
2. Meanwhile in a pan of boiling water cook the noodles according to the packet instructions
3. Once the stir fry vegetables are cooked, drain the noodles and pour them in to the vegetables. Sprinkle with reduced salt soy sauce
4. Sprinkle with sesame seeds or cashew nuts (if using) and serve

MOROCCAN COUS COUS



Allergens :

Always ensure you check individual ingredients for allergen information

- * gluten

Optional / nutritional considerations:

- * Serve with yoghurt raita (plain low fat yoghurt mixed with jarred mint sauce) and wholemeal pitta breads
- * Add a side salad, roasted vegetables or steamed vegetables if possible (80g = 1 of 5-a-day serving)

You will need:

- 2 tablespoon olive oil
- 2 onion, chopped finely
- 2 teaspoon ras el hanout seasoning
- 4 garlic cloves, minced
- 2 cups vegetable stock
- 700g raw wholegrain couscous
- 1 1/2 cup golden raisins
- 1 cup diced dried apricots
- 1,000g cooked tinned chickpeas, drained
- 5 tablespoons finely chopped fresh mint
- 5 tablespoons finely chopped fresh coriander
- 5 tablespoons grated cheddar cheese (you can use a more traditional cheese such as feta)



Let's get cooking...

1. In a 12 inch pan add olive oil and set over medium heat.
2. When the oil is hot add the onion and ras el hanout. Saute until the onion starts to soften but not brown.
3. Add in the garlic and saute for another 30 seconds.
4. Pour in the vegetable stock, turn the heat to high and bring the stock to a boil.
5. When the stock is boiling, take the skillet off the heat and add in the couscous, raisins and apricots and stir to combine.
6. Add a lid to the skillet and let sit for at about 10 minutes.
7. Remove the lid, fluff the couscous, stir in the chickpeas, fresh mint, cilantro and sprinkle the top with the cheese of your choice.

BBQ Bangers With Fried Onions & Peppers



Allergens :

Always ensure you check individual ingredients for allergen information

- * Soya
- * Gluten

Optional / nutritional considerations

- * Serve with oven chips or home made sweet potato wedges.
- * **Offer a crunchy side salad including salad items of your choice or boiled corn on the cob**
- * If using meat based sausages ensure the meat content is at least 60% or higher.
- * Do not substitute sausages with hot dogs.

You will need:

- * 20 Sausages (vegetarian)
- * 10 large Bridge Rolls or 20 smaller bread rolls
- * 4 large onions, cut in half and sliced thinly
- * 4 large peppers, sliced thinly
- * 2 tbsp oil
- * Reduced salt & sugar ketchup
- * 1500g Chunky oven chips to serve



Let's get cooking...

1. Bake Sausages in oven until thoroughly cooked (follow cooking instructions on the packet to ensure they are cooked thoroughly).
2. Cook the chunky oven chips according to the packed instructions (or make home made potato or sweet potato wedges if able).
3. Using a large frying pan or an oven tray if preferred (heat oven to 200c) toss the onions and peppers in oil and place in the pan or bake in the oven (turning regularly). Cook until the vegetables have softened and start to golden.
4. Serve 2 sausages per bread roll topped with onions & peppers and a squeeze of ketchup.

Simple Greek Salad

Served with potatoes & garlic bread



Allergens :

Always ensure you check individual ingredients for allergen information

- * Milk
- * Gluten

Optional / nutritional considerations:

- * Add extra salad items such as cucumber, tomatoes, tinned sweetcorn, jar beetroot etc(80g = 1 Of 5-a-day intake).
- * Serve with cooked Quorn chicken style pieces or chicken breast—can buy frozen sandwich pieces & defrost according to packet instructions (100g per child)

You will need (for 10):

- * 1 full Iceberg lettuce or lettuce leaf of your choice, washed & chopped finely
- * 400g Feta cheese or cheddar cheese, cubed
- * 1 jar Olives, washed if in brine
- * 2 Red peppers, slice thinly or diced
- * 1 Onion, cut in half & sliced thinly
- * 2,500g new potatoes or potato salad (boiled & served cold)
- * 1 bottle Greek salad dressing or lighter salad dressing of your choice
- * 3 Garlic bread baguettes or 10 wholemeal pitta breads warmed up



Let's get cooking...

1. Begin by boiling the new potatoes to allow time for them to cool slightly before serving with the salad
2. In a large bowl or plated separately on 10 plates add the lettuce, red peppers, onion, feta cheese and some salad dressing.
3. Heat the garlic bread in the oven according to the packet instructions or warm up the pitta breads on a baking tray for a few minutes
4. Serve the Greek salad with bread & new potatoes. Season with black pepper if you choose.

Thai Green Curry



Allergens :

Always ensure you check individual ingredients for allergen information

- * Soya

You will need:

- * 2 tbsp oil
- * 1000g Quorn style chicken pieces
- * 2 x 500g Thai green curry sauce jars
- * 1,600g vegetables such as baby corn, mange tout, red peppers
- * 650g Wholegrain rice (raw)

Optional / nutritional considerations:

- * Add vegetables of your choice such as mushrooms, frozen vegetables or seasonal veg too.
- * Quorn chicken style pieces can be swapped out for pre-cooked frozen chicken pieces or lentils if preferred—ensuring there is a protein source is important
- * Add a side salad if possible
- * Serve with warmed up wholemeal pitta breads



Let's get cooking...

1. Begin by heating up a large pan with oil and add the Quorn pieces, cook on low until defrosted. Add the vegetables followed by the sauce and simmer until the vegetables soften and the Quorn is cooked thoroughly.
2. While the Thai curry is simmering cook the rice according to the packet instructions
3. Serve the rice and curry together, enjoy!

Falafal Pitta Pockets



Allergens :

Always ensure you check individual ingredients for allergen information

- * Gluten

Optional / nutritional considerations:

- * Baked oven chips can be served as side
- * Use salad items of your choice including lettuce, onion, cucumber, tomato, tinned sweetcorn, grated carrots etc.
- * Shop bought falafals can be purchased & heated up however they will increase the overall cost versus home made falafals.

You will need (for 10):

- * 1,000g cooked tinned chickpeas, drained
- * 6 garlic cloves, peeled
- * 2 onions, peeled
- * Bunch fresh parsley
- * 3 tsp ground cumin
- * 3 tsp ground coriander
- * 9 tbsp plain flour
- * 1 large tub of plain yoghurt
- * 10 Large wholemeal pitta bread
- * Serve with salad items of your choice minimum 80g per child



Let's get cooking...

1. Place the falafel ingredients in to a food processor—chickpeas, garlic, onions, parsley, cumin, coriander, plain flour (you may have to split the ingredients and make a few batches depending on the size of your processor). Blitz until smooth.
2. Using oiled oven trays make 40 balls or mini burger shaped falafals with your hands. Place in to an oven pre-heated at 180c and bake for 15-20 minutes turning once half way through. Alternatively heat a frying pan with a small amount of oi and fry on both sides until golden (keep warm in a low heat oven until ready to serve)
3. Serve inside pitta breads with a drizzle of yoghurt and salad items

The All American Burger

With Oven Baked Fries & Salad



Allergens :

Always ensure you check individual ingredients for allergen information

- * Gluten
- * Milk
- * Egg

Optional / nutritional considerations:

- * Opt for wholemeal burger buns to increase fibre intake
- * Serve with a reduced fat coleslaw
- * Add extra salad items if possible such as grated carrots, corn on the cob, spinach etc.
- * Purchase reduced fat cheese slices
- * Oven cook rather than frying

You will need (for 10):

- * 10 plant-based burgers
- * 10 burger buns (wholemeal)
- * Salad; cucumber, lettuce, tomatoes, red onion (minimum 80g per child)
- * 10 Cheese slices or 40g grated cheese (optional)
- * 1,500g Oven chips or sweet potatoes for home made wedges
- * Lighter mayonnaise
- * Reduced salt & sugar ketchup



Let's get cooking...

1. Begin by preheating the oven according to the cooking instructions of the burgers & oven chips, Cook the burgers & chips in the oven according to instructions
2. On each bread bun spread a thin layer of mayonnaise, add a slice of cheese & layer with salad. Once the burgers are cooked top each bread bun with a burger add the bread top and serve with chips, salad items and ketchup