The Children's Kitchen
Cupboard Cooking

Cupboard Cooking Recipes to make from the cupboard

This is a collection of our best recipes for cooking with store cupboard essentials. All of the main ingredients in the booklet cost less than £1 and are easy to find in local shops. We have chosen our favourite basics: flour, rice, pasta, noodles, tinned beans, sweetcorn and lentils. With a few basic fresh ingredients such as onions, garlic, fresh vegetables and dairy you can transform these into delicious dishes for the whole family. We have included a recipe for our Eat the Rainbow spice mixes too which help bring dishes to life-you can make these yourselves or ask us for a pack. Part of cooking is making your own recipes up so feel free to change these and use the ingredients you like!

The Children's Kitchen is a Feeding Bristol and Bristol Early Years project which encourages children from a young age to build a healthy relationship with food. We create opportunities for children and families to grow and cook fresh produce, focusing on cooking with vegetables, fruit, herbs and spices.

We work together with local food projects, charities, growers, chefs and educators to bring a positive start to food for children in Bristol.

For more recipes and cooking videos - with 16 language translations please visit

feedingbristol.org/thechildrenskitchen

for more information

bristolearlyyears.org.uk/health/the-childrens-kitchen

This recipe booklet has been produced to support food activities during the winter Holiday Activities and Food programme through Your Holiday Hub.

Your Holiday HUB Bristol

FEEDING BRISTOL

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Do-It-Yourself Spice Blends

Making your own spice blends can add extra flavour to your cooking-it also makes it quicker to cook again if you have ready made mixes. Spices are a great way to experiment with flavour so feel free to make your own mixtures.

- For the recipes below we use 1 tablespoon of each spice which makes enough spice blend to make about 4 recipes.
- Make sure you keep your spice blend in a cool dark place, they lose their flavour if kept in bright sunshine.
- Store the spice blend in a jar with a tight fitting lid.

Yellow spice blend

Ground turmeric, ground cumin, ground coriander and ginger

Orange spice blend

Sweet paprika, cinnamon, ground cumin and ground turmeric

Red spice blend

Smoked paprika, sweet paprika, red pepper flakes, sumac

Green spice blend

Dried oregano, dried chives, dried coriander, dried mint

Wraps and Flour

Flatbreads or Crackers

Serves 4

Dietary: contains Gluten

Ingredients

- 320g plain flour
- 3 tablespoons olive or vegetable oil
- ½ teaspoon salt
- Cold water

Method

1. Place the flour in a large bowl with the salt.
2. Add the oil and then the water, a little at a time. You will need about 200ml of water. If the dough is crumbly add a little more water, if it is really wet add a little flour.
3. Knead for a few minutes.

Flatbreads

Split the dough into four balls. Flatten slightly and roll out with a rolling pin until the dough is as thin as a flour tortilla. Heat a frying pan and cook the flatbreads one at a time-they take just a few minutes to cook on each side and will have browned spots when they are ready.

Crackers

Cut two pieces of baking paper to the size of an A4 sheet of paper. Split the dough in two and roll each piece out onto the baking paper until it reaches the edge. Cut the crackers into any shape you like- straight lines with a knife or shapes with cutters. Place the baking paper on two trays and bake at 220°c gas mark 7 for 10 minutes or until the crackers are crispy.

Tips and swaps

You can top the crackers with spices, cheese or seeds – brush them with water first so that the toppings stick.

Quesadillas

Makes 4
Dietary: contains Gluten and Dairy

Ingredients

4 wraps
100g grated cheese
- Cheddar or Red Leicester

Your choice of filling:
Half a quantity of the *Smokey Bean Chilli* on page 16

Toasted sweetcorn salsa on page 21
You can also use cooked sliced chicken or beef
Extra chopped coriander and red chillis to taste

Method

1. On a clean board place one wrap and top half of it with the ¼ of the cheese and a filling of your choice. Fold over and squash down slightly. Repeat with the rest of the wraps and fillings (each person can choose their own additions such as chilli, coriander and meat)
2. Heat a large frying pan.
3. Place a Quesadilla carefully on the pan and cook for 5 minutes on one side, pressing it down with a heat proof spatula.
4. Carefully flip the Quesadilla over and cook until golden on the other side.
5. Repeat with the remaining wraps and fillings. You can keep the cooked Quesadillas warm in the oven while the rest are cooking.
Cut into triangles before serving.

Tips and swaps

If you want to add four fillings you can make folded Quesadillas: make a cut up to the middle of your wrap, place a filling on each quarter and fold the wrap over each filling to make a triangle shape. Cook as above.

Tortilla Samosas

Makes 12 samosas

Dietary: Contains Gluten.

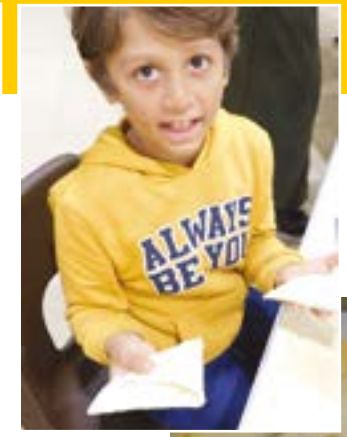
Ingredients

6 flour tortillas
2 large potatoes (400g), peeled and chopped
1 onion, chopped
2 cloves garlic, chopped
2 cm fresh ginger, chopped (or 1 teaspoon ginger powder)
1 chilli, chopped (optional)
1 teaspoon each of yellow and Orange spice blends
100g frozen peas
A handful of chopped coriander
Lemon juice
2 tablespoons plain flour

Method

Preheat the oven to 200°c gas mark 6

1. Boil the potatoes until soft in a pan of water. In a frying pan gently cook the onion until soft and then add the garlic, ginger and chilli (if using).
2. Combine the potatoes, peas, onions and spices in a bowl and taste - add seasoning, lemon and spices. Mash a little with a fork.
3. Cut the tortillas in half. Mix the flour with enough water to make a thick paste.
4. With a finger paint a 'smile' around the bottom curve of the tortilla, then two 'eyes' on each corner.



5. Place a spoonful of the filling in the middle of the tortilla and fold one side over to form a triangle. Repeat with the other side and then press all around the opening with a fork, add extra flour paste if needed.
6. Repeat with all of the samosas and then brush with oil and bake for 15 minutes or until golden.

Homemade paprika nachos

Serves 4
Dietary: Contain Gluten and Dairy (optional)

Ingredients

4 wraps
1 teaspoon olive oil
1 teaspoon Red spice blend or a mix of smoked and sweet paprika
¼ teaspoon ground chilli-optional

100g grated cheese (optional)

Method

1. Preheat the oven to 200°c gas mark 6
2. Cut the wraps into triangle shapes using a knife or clean scissors
3. Place on a baking sheet and drizzle over the oil, sprinkle with the spices.
4. Mix the triangles well so that they are covered in oil and spice.
5. Bake for 5 minutes, turn over carefully with tongs or a heat proof spatula and return to the oven for another 3-5 minutes or until golden.
6. To make cheese nachos add grated cheese for this final stage.

Tips and swaps

You can use gluten-free wraps for this.
Serve alongside a chilli or with dips.
This is a great way to use up slightly stale wraps!

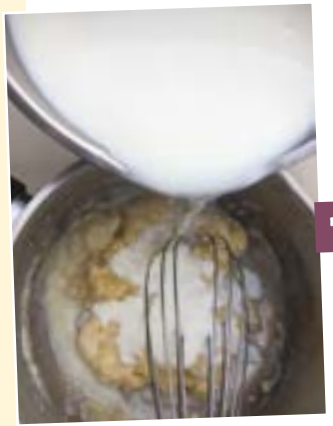
Classic Cheese Sauce

Serves 4

Dietary: contains Gluten and Dairy

Ingredients

2 heaped tablespoons unsalted butter
2 tablespoons plain flour
1 pint milk
200g grated cheddar cheese (ideally mature)
¼ teaspoon ground nutmeg
Salt and pepper to taste



Method

1. In a saucepan, melt the butter over a medium heat. Add the flour and stir it in with a wooden spoon over the heat for a minute or two. It should become lighter in colour when the flour is cooked.
2. Still over a medium heat, vigorously whisk in the milk to the flour mixture a little at a time - very slowly because if you add the milk too fast it will go lumpy. Make sure you fully whisk in the milk each time so that the sauce has a chance to become thick and silky in consistency.
3. Now remove from the heat and stir in the grated cheese and nutmeg.

Tips and swaps

You can make the sauce vegan or gluten free using dairy or gluten free alternatives.
If your sauce ends up lumpy don't worry! You can use a hand blender or push it through a sieve to make it smooth.

Shortcrust pastry

Makes 80g of pastry-enough for one tart or 4 smaller patties or pies
Dietary: Contain Gluten and Dairy

Ingredients

250g plain flour
125g unsalted butter-cold
Salt and pepper
Cold water
You can also add chopped herbs, grated cheese or spices

Method

1. Place the flour, salt and pepper in a large bowl.
2. Cut the cold butter into cubes using a table knife.
3. Rub the butter into the flour using just your fingertips- if you handle the mixture too much the butter will warm up and the pastry will become hard to roll.
4. Add a tiny amount of cold water, a little at a time until the pastry forms into a ball; the aim is for all of the crumbs in the bowl to be in the pastry.
5. Place the pastry in the fridge; ideally for 30 minutes before using if you have time.

Tips and swaps

You can use dairy-free butter for the pastry. Gluten-free flour tends to be hard to make pastry from-it is easiest to use half gluten free flour and half ground almonds instead.

Welsh Rarebit Leek Tart

Serves 4

Dietary: contains Gluten, Dairy and Egg

Ingredients

1 quantity of Shortcrust Pastry (page 10)
2 leeks, sliced in 1cm rings
4 large eggs
150g Cheddar cheese, grated
One big potato or 3-4 new potatoes
2 teaspoons Wholegrain mustard (optional)
Handful chopped parsley
Salt/pepper/oil

Method

1. Pre- heat the oven 180°c gas mark 5. On a clean surface roll out the pastry as thin as a £1 coin. Carefully place into an oiled 20°cm diameter oven dish, squeezing the pastry around the edges of the dish. Bake for 10 minutes to cook the bottom, allow to cool.
2. Rinse the leeks thoroughly in a colander under cold water, then gently fry in oil for 10 minutes on a medium heat with the lid on.
3. Crack the eggs in a big bowl or jug and whisk until smooth
4. Grate the potatoes and put in the colander with a teaspoon of salt and let stand for 5 minutes, then squeeze handfuls of the potatoes to get rid of water. Add to the whisked eggs.
5. Add the cheese and cooked leeks to the eggs along with the parsley and mustard (if you like!)
6. Stir everything together and pour into the pastry case, cook in the oven for 30-40 minutes, until the top turns a golden brown.

Fat and thin pancakes

Serves 8 thin or 12 thick pancakes

Dietary: Contains Gluten, Dairy and Egg

Ingredients

300g plain flour
2 eggs
100-400ml milk
2 tablespoons butter

Fat pancakes add
2 teaspoons of
bicarbonate of soda.

Method

1. Place the flour in a large bowl (and the bicarbonate of soda if you are making fat pancakes).
2. Whisk in the eggs and add the milk a little at a time.
3. Add the milk gradually, whisking all the time, until you have a batter which is smooth.
4. Thin 'crepe' style pancakes: about 400ml of milk, the batter looks like single cream.
5. Fat 'American style' pancakes: about 100ml milk, the batter should look like thick yoghurt.
6. Heat the butter in a frying pan and swirl it around the pan. Pour the melted butter back into the pancake batter and mix well.
7. Heat the pan, add the pancake batter-for thin pancakes swirl enough batter around the pan to make an even coating. For thick pancakes use a spoon to make four blobs. Cook for a few minutes on each side until the pancakes are golden and repeat with the rest of the batter.

Tips and swaps

You can add fruit to the fat pancake batter; blueberries, bananas and raspberries all work well.
This pancakes can have sweet or savoury toppings

Soda Bread

Makes 4

Dietary: contains Gluten and Dairy

Ingredients

320g or 2 x regular-sized tea mug plain flour
180g or 1 x regular-sized tea mug of plain yogurt
1 pinch salt
1 heaped teaspoon bicarbonate soda
1 tablespoon of honey (optional)

Method

1. Preheat the oven to 200°c.
2. In a large bowl. Mix all the ingredients together with a wooden spoon until combined (don't mix too much or it could be tough to eat).
3. Sprinkle a little flour onto a clean surface and use your hands to form the dough into a ball. The dough should be slightly wet so put flour on your hands to stop them sticking. If the dough feels dry, sprinkle a little water onto it whilst shaping it.
4. Place the dough onto a baking tray and flatten with the palm of your hand. The dough should be about 5cm (1.5 inches) thick. Use a sharp knife to score a 2cm deep cross into the top of the bread.
5. Bake for 20-25 minutes. If the bread sounds hollow when you tap its base it is ready.

Tips and swaps

Optional additions: mix in a handful of porridge oats, seeds, raisins or grated cheese. Use ½ white flour ½ brown for a wholemeal loaf.
Vegan option: use vegan yogurt and omit the honey.

Beans, sweetcorn
and lentils

Bean and lemon dip

Serves 4-6
Dietary: Vegan and gluten free

Ingredients

1 tin beans- any type you like such as cannellini, borlotti, kidney or black beans
1 clove garlic finely chopped
2 teaspoons olive oil
1 teaspoon a spice blend of your choice
Juice and zest of half a lemon
Black pepper

Optional extra ingredients:
1 tablespoon of roasted peppers or pesto (from a jar is fine) chopped olives, chopped herbs such as basil, parsley or mint

Method

1. You can make this by mashing the beans with a fork or using a hand blender (it's more fun using a fork!)
2. Drain and rinse the beans in a sieve. Mash the beans with the olive oil and a little lemon juice until they are squashed.
3. Add the garlic and spices and mash again.
4. You can keep mashing until the dip is as smooth as you would like.
5. Add any of the optional extra ingredients and mix well.
6. Taste and add more lemon and pepper to taste. Serve with a sprinkle of spice and a little olive oil, you can add chopped herbs too if you like.

Tips and swaps

This dip is great served with vegetable sticks or the Homemade Nachos on page 8

Smoky bean chilli

Serves 4
Dietary: Vegan, gluten free

Ingredients

2 tins beans such as cannellini, black or kidney beans
1 clove garlic, crushed
1 onion, finely chopped
1 stick of celery, finely sliced
1 pepper, cut into 1cm pieces
1 tablespoon tomato puree
1 teaspoon Red spice blend (or smoked paprika)
1 carton tomato passata
½ teaspoon sugar
2 bay leaves
Salt and pepper
Lemon or lime juice

Optional: chopped fresh chilli or chilli powder

Method

1. In a saucepan, heat the oil and add the garlic, onion, celery and fry gently for 10 minutes..
2. Add the pepper, tomato puree, Red spice blend, sugar and bay leaves (and the chilli if using) and stir for a couple of minutes.
3. Add the bean and tomato passata, and 200ml water and simmer for 20 minutes.
4. Taste and add salt, sugar, pepper and lemon or lime to your liking

Tips and swaps

This is a great quick chilli to serve with nachos, baked potatoes or rice-you can use it to make Quesadillas on page 7 too.
Use any beans that you have, even baked beans!
You can make this in a slow cooker, just add a little extra water before cooking.

Italian bean and pasta stew

Serves 4

Dietary: pasta contains Gluten (can use gluten free)

Recipe by
Georgia Filippi

Ingredients

1 medium onion finely chopped
1 large clove garlic finely chopped
1 tablespoon olive oil or vegetable oil
1 large carrot finely chopped
1 teaspoon Green spice blend (or mixed herbs)
1 400ml tin borlotti beans (or kidney/cannellini)
1 tin chopped tomatoes or passata
750ml vegetable stock
200g small pasta e.g. macaroni, shells or bows)
Salt and pepper

Method

1. In a large saucepan, fry the onion, garlic and carrot on a low heat for 5 minutes or until the onions are soft. Stir occasionally with a wooden spoon.
2. Stir in the herbs, beans, chopped tomatoes and stock.
3. Turn up the heat to high and bring the stew to boiling then turn down to a medium heat so that the soup is simmering for 15 minutes.
4. Add the pasta and simmer the stew until the pasta is cooked, which will take about 10 minutes.
5. Season to taste with salt and pepper if needed.

Tips and swaps

You could add fresh instead of dried herbs such as rosemary, thyme or basil.

You can add any vegetables you have to this; peppers, sweet potatoes or squash all taste great.

Sunshine patties

Makes 4 large or 8 small patties

Dietary: Contains Gluten and Dairy

Ingredients

2 spring onions, chopped
1 clove garlic, crushed
1 tablespoon Yellow spice blend or curry powder
½ teaspoon chilli powder or chopped chilli (optional)
½ yellow or orange pepper
1 medium carrot
200g sweet potato or squash
75g tinned or frozen sweetcorn, drained
50g cheese (Cheddar or Double Gloucester) grated
A small handful coriander
Salt and pepper to taste
Oil to cook

Method

1. Make the pastry following the recipe on page 10, replacing 1 teaspoon of flour with 1 teaspoon of Yellow spice blend or turmeric to give it a yellow colour.
2. Preheat the oven to 200°c/ gas mark 6.
3. Chop the pepper, carrot and squash into small cubes. Heat a small saucepan and add a splash of oil. Gently fry the spring onions and garlic until they are softened. Add the spice blend/ curry powder (and chilli if using) and stir for a minute before adding the pepper, carrot, squash and sweetcorn.
4. Add 100ml of water and simmer for 10 minutes or until the carrot and squash are soft. Take the vegetables off the heat and allow to cool. Spoon out any excess liquid.
5. Mix the vegetables with the cheese and coriander and stir well. Season to taste.

6. Cut the pastry into 4 equal-sized pieces. On a lightly floured surface, roll out the pastry pieces to make 4 large ovals 15 cm in diameter with the thickness of a 50p coin.
7. Divide the filling among the patties, placing it on one long half of each oval, leaving 1cm around the edge. Brush the edges with water, fold the empty halves over and use a fork to crimp the patty edges together.
8. Prick the patties a couple of times with a fork, brush with the milk and cook for 25 minutes until golden on the outside and cooked through.

Beanburgers

Makes 4

Dietary: Vegan, gluten free if using polenta

Ingredients

1 medium Sweet potato, peeled
1 red pepper
3 spring onions, sliced
1 clove garlic-crushed
1 tin black beans or kidney beans, drained
2 tbsp sunflower or vegetable oil
1 teaspoon red spice mix
1 teaspoon orange spice mix
½ teaspoon chilli powder or flakes (optional)
1 lime-use the zest and half the juice
50g breadcrumbs or fine polenta to coat
Salt and pepper

Method

1. Preheat the oven to 200°c/gas mark 5
2. Chop the sweet potato and pepper into 1cm pieces.
3. Place the vegetables, garlic and 1 teaspoon oil in a roasting tin and cook for 30-40 minutes, until the sweet potato is soft. Allow to cool.
4. Add the beans, seasoning and lime. Mash with a potato masher or a fork.
5. Form into 4 balls and gently squash into burger patty shapes and roll them in the breadcrumbs/polenta.
6. Heat 1 teaspoon of oil in a large frying pan and cook the burgers for 5 minutes until browned. Turn over and cook on the other side.
7. Serve in a bun with salad, gherkins and sauces.

Tips and swaps

The burgers are easy to freeze. You can make these into falafel sized balls and eat them in a pitta bread.

Sweetcorn fritters

Serves 4

Dietary: contains Gluten, Dairy, and Egg

Ingredients

1 quantity of the Fat Pancakes recipe (page 12)

1 small tin sweetcorn, drained

100g chopped pepper-any colour or a mix

1 small chilli, chopped

1 teaspoon bicarbonate of soda

1 spring onion, finely chopped

A small handful of fresh coriander, chives or parsley, chopped

Sunflower or vegetable oil for frying

Method

1. Prepare the fat pancake mix following the recipe on page.
2. Add the rest of the ingredients to the batter and stir well.
3. Heat a large frying pan with a teaspoon of oil
4. Carefully spoon the mixture onto the frying pan leaving space around each fritter as they will expand. You will need to cook the mixture in two batches.
5. Cook the fritters for 3-4 minutes and then flip them over carefully and cook on the other side.
6. Transfer the cooked fritters to a plate, wipe the pan with kitchen paper and then add a little more oil and repeat with the rest of the mixture.

Charred sweetcorn salsa

Serves: 4-6

Dietary: Vegan and gluten free

Ingredients

1 small tin sweetcorn, drained

50g roasted peppers (from a jar is fine)

2 spring onions, finely chopped

1 clove garlic, finely chopped

6 cherry tomatoes, chopped

½ teaspoon Red spice blend (or any spice you like)

2 teaspoons olive oil

Lime juice to taste

A small handful of fresh coriander, chopped

Method

1. Heat a large frying pan and 1 teaspoon of oil. Add the drained sweetcorn and fry until it turns brown and charred at the edges.
2. Add the garlic and spring onions and spices and carry on cooking for 2 minutes.
3. Add the roasted peppers, lime juice and cherry tomatoes and stir well.
4. Taste and season with pepper, lime juice and more spice (or a little chilli) as needed.

Tips and swaps

This colourful salsa is great served on a cracker with a little cream cheese! This salsa goes well with the Nachos, Quesadillas or Smoky Beans in this booklet.

Simple dal

Serves 4

Dietary: Vegan and gluten free

Ingredients

250g red lentils
1 large onion, finely chopped
2 tablespoons oil
2 cloves garlic, finely chopped
1 red chilli, chopped (optional)
4cm fresh ginger chopped or grated
2 teaspoon 'Yellow spice blend' (or a mix of turmeric, ginger, cumin and coriander)

If you have them: 4 cardamom pods, 1 teaspoon cumin seeds a stick of cinnamon, 4 cloves
2 bay leaves or 8 curry leaves
Lemon juice
Salt and pepper

Method

1. Rinse the lentils in a sieve and then place in a saucepan.
2. Cover with 700ml of cold water and add bay leaves. Bring to the boil and simmer for 15 minutes until soft.
3. While the lentils are cooking, heat a frying pan and add the oil. Gently cook the onions with the cardamom, cinnamon and cloves (if using) for 10 minutes or until soft and golden.
4. Add the garlic, ginger and chilli (if using) and stir for 2 minutes then add the Yellow spice blend.
5. Remove the cardamom, cinnamon, bay leaves and cloves.
6. Add the onions to the cooked lentils. Taste and add salt, pepper and lemon.
7. Bring to a gentle simmer and cook for 5 minutes

Tips and swaps

Serve with rice or naan bread and chopped coriander.
You can add chopped fresh or tinned tomatoes to this Dal.

Hearty lentil and tomato soup

Serves 4

Dietary: contains Celery and Dairy (can use dairy-free alternative)

Ingredients

1 tablespoon vegetable or olive oil
1 medium onion
1 garlic clove
2 celery stalks
1 leek
1 carrot peeled
1 medium potato or 1 sweet potato, peeled
200g uncooked red lentils or 1 tin of lentils drained
2 teaspoon red spice mix or paprika
2 tbsp tomato puree (optional)
400g tin of tomatoes (chopped or whole)
1 litre vegetable stock
Salt and pepper
3 tablespoons cream or yoghurt (or dairy free)

Method

1. Chop the onion, garlic, celery, leek, carrot and carrot into small chunks.
2. In a large saucepan on a low heat, add the oil and vegetables apart from the potatoes. Stir and gently cook for 5 minutes until the vegetables start to soften.
3. Stir in the lentils and red spice (or paprika) and tomato puree if using, then add the tinned tomatoes, potato (or sweet potato) and stock.
4. Bring to the boil then turn down to a gentle simmer for around 25-30 minutes or until the lentils and vegetables are soft. Add salt and pepper to your taste.
5. If you like a smooth soup, use a hand-blender and blend until completely smooth.
6. Serve hot with optional double cream or yoghurt swirled in.

Rice, pasta and noodles

Adas Polo-Iranian rice

Recipe by
Ped Asgarian

Serves 3-4
Dietary: Dried fruit contains sulphur

Ingredients

400g basmati rice
125g dried brown lentils
(or half tin of cooked lentils)
1 onion, diced
2 tablespoons olive oil
150g dried fruits, chopped
- you can use raisins, apricots, barberries, cranberries or sultanas

1 cinnamon stick (or ½ teaspoon ground cinnamon)
500ml chicken or vegetable stock

To serve: Plain yoghurt (can be dairy free) and cucumber slices

Method

1. Put the rice in a bowl, cover with water and swirl around with your hands and then drain in a sieve. Repeat 4-5 times until the water is clear. Cover the rice with warm water and soak for an hour. Drain in a sieve.
2. Place the lentils in a pan, cover with water and bring to the boil. Reduce the heat and simmer for 25-30 minutes (if using tinned lentils skip this stage)
3. Gently heat the oil in a large pan (with a lid). Add the cinnamon and onion; fry until soft.
4. Add the rice and toast for 30 seconds. Stir in the dried fruits.
5. Pour in the stock, bring to the boil then reduce to the lowest heat and cover with greaseproof paper (or a teatowel) and a lid. Cook for 25 minutes.
6. Try the rice, it should be soft and fluffy. Serve with a big dollop of yoghurt and cucumber slices

Pepper and chickpea rice

Serves 4

Dietary: Vegan and gluten free

Ingredients

400g basmati rice

1 red onion, chopped
1 large red pepper, cut into chunks
2 cloves garlic, finely chopped
1 teaspoon tomato puree
2 tomatoes, chopped
2 teaspoons Red spice blend or smoked and sweet paprika
1 tin chickpeas, drained
Juice of half a lemon and wedges to serve

Optional: tinned tuna, hard boiled eggs, chopped parsley

Method

1. Soak the rice in cold water for 30 minutes, drain in a sieve.
2. In a large pan with a lid, heat the oil and cook the onions for 10 minutes, then add the garlic and peppers and stir fry for 5 minutes more.
3. Add the tomatoes and tomato puree with the Red spice blend and a splash of water. Stir for a minute.
4. Add the chickpeas and soaked rice and stir well.
5. Pour over the boiling water and allow the liquid to come to the boil.
6. Turn off the heat and put on the lid of the saucepan. Leave for 10 minutes.
7. Taste the rice - it should be soft, if not you may need to leave it for a few more minutes.
8. Add lemon juice, salt and pepper to taste.

Tips and swaps

Serve with chopped parsley and it is great with tuna or hard boiled eggs as a main meal.

Spicy rice cakes

Serves 4

Dietary: Vegan, gluten free (but you can add fish)

You can make these Rice Cakes with any flavour you like! You need about 120g (half a small cup) of very finely chopped vegetables in total.

Ingredients

400g cooked rice
Juice of ½ lemon or lime
Salt and pepper

Choose some vegetables (all finely chopped):
Courgette, peppers, mushrooms, spring onions. Tinned or frozen peas or sweetcorn

With the flavours you like:
Chopped garlic, ginger, chilli
Chopped herbs: mint, coriander, basil, parsley or chives
1 teaspoon of any spice mix
Tinned tuna or salmon

Method

1. In a bowl squeeze the lemon or lime over the rice, and season.
2. Squeeze with clean hands until the rice sticks together.
3. Add your chosen ingredients- you can make several different flavours if you like!
4. Form the mixture into 12 small balls and then flatten them slightly.
5. Heat a large frying pan with 1 teaspoon of vegetable oil.
6. Fry for 3-4 minutes on one side then flip them over and repeat until golden.
7. Serve hot or cold with a dip of your choice.

Tips and swaps

Leftover rice is great for this - make sure it is kept in the fridge and used the next day. If you are cooking rice just for the dish you will need 200g dried rice.

Basic tomato sauce

Serves 4

Dietary: Vegan and gluten free

Ingredients

1 onion
2 cloves garlic
1 tablespoon olive oil
1 tablespoon tomato puree
1 tin chopped tomatoes
1 teaspoon Green spice blend or oregano
2 bay leaves (optional)
1 teaspoon sugar
Salt and pepper

Method

1. Finely chop the onion and garlic.
2. Heat the oil in a large frying pan and add the onions. Cook really slowly until the onions are golden and soft, this can take as long as 15 minutes.
3. Add the garlic and stir fry for a couple of minutes.
4. Add the tomato puree and a splash of water and stir for 2 minutes.
5. Add the bay, herbs, tinned tomatoes and half of the empty tin of water.
6. Simmer for 15 minutes and then add salt, pepper and sugar to taste.

Tips and swaps

This sauce is perfect for pasta or as a pizza topping.

Macaroni Cheese

Serves 4
Dietary: contains Gluten and Dairy

Ingredients

1 quantity of cheese sauce on page
400g dried macaroni pasta
300g cauliflower
300g broccoli
2 spring onions or 1 small leek (optional)
10 cherry tomatoes or 2 large tomatoes
100g cheddar cheese

Method

1. Heat the oven to 200°c gas mark 5
2. Make the cheese sauce while the pasta is cooking. Heat a large pan of water and boil the pasta for 8 minutes. Drain in a colander and then mix with the cheese sauce.
3. Cut the cauliflower and broccoli into bite size pieces. Finely slice the spring onions or leek. Place the vegetables in the oven tin that you will use to cook the macaroni cheese and drizzle with 2 teaspoons of olive oil.
4. Roast the vegetables for 15 minutes and then take the tin out of the oven.
5. Stir the cheesy macaroni into the cauliflower and broccoli and then top with the grated cheese. Add whole cherry tomatoes or sliced large tomatoes.
6. Bake for 15-20 minutes, or until the cheese is golden and bubbly

Tips and swaps

You can add any vegetables you like to this.
It is also delicious served with smoked fish or bacon.
You can make this with gluten and dairy-free ingredients.

Greek lasagna - pastitsio

Serves 4
Dietary: contains Gluten, Dairy and Celery

Ingredients

1 quantity Classic cheese sauce (page 9)
1 quantity Basic tomato sauce (page 27)
200g red lentils
1 bay leaf
1 onion, chopped
1 stick celery, chopped
200g dried macaroni pasta
¼ teaspoon ground cinnamon
1 teaspoon Green spice blend (or dried oregano and mint)
50g grated cheese for the top

Method

1. Heat a large pan of water and boil the macaroni for 7 minutes so that it is not quite soft. Drain in a colander and add a splash of olive oil, salt and pepper.
2. Boil the lentils with 300ml of water, bay leaves, chopped onion and celery for 15 minutes.
3. Make the Tomato Sauce following the recipe, adding the cinnamon, Green spice blend and the cooked lentils. Simmer for 10 minutes and add salt and pepper to taste. Remove the bay leaves.
4. Make the Cheese sauce following the recipe.
5. Heat the oven to 200°c gas mark 6
6. Place the macaroni in a deep oven proof dish and top with the Tomato Sauce, then the Cheese Sauce. Sprinkle the grated cheese over the top and bake in the oven for 20 minutes.

Tips and swaps

This is traditionally made with minced beef instead of lentils in Greece. If you like you can add mince to the onions when making the Tomato Sauce instead of the lentils.

Rainbow noodle stir fry

Serves 4

Dietary: contains Egg and Gluten (if using egg wheat noodles), Soy

Ingredients

250g dried noodles (or 400g ready to use noodles)
1 tablespoon vegetable oil
2 garlic cloves finely chopped
1 teaspoons powdered ginger (or a thumb sized piece fresh ginger finely chopped)
1 pepper cut into matchsticks
1 large carrots cut into matchsticks or peeled into strips
200g broccoli cut into florets and halved
A handful of green beans, babycorn or mange tout
4 spring onions sliced thinly
4 tablespoons soy sauce

Method

1. Cook the noodles according to the instructions on the packet, then drain and set aside.
2. Heat the oil in a large frying pan or wok over a high heat for 1 minute.
3. Stir fry the garlic and ginger for a couple of minutes.
4. Add all the ingredients except the soy sauce into the pan and stir with a wooden spoon for 3-4 minutes or until the vegetables have browned at the edges.
5. Now add the cooked noodles and stir in the soy sauce for 1 minute. Then take off the heat and serve immediately.

Tips and swaps

You can add cooked chicken, beef or tofu to this stir fry if you like.
You can use any type of noodles for this; rice noodles are gluten free and vegan, egg noodles contain egg and gluten.

Ramen-style noodles

Serves 4

Dietary: contains Gluten (depending on the noodles), Egg and Soy

Ingredients

250g dried noodles
1 tablespoon vegetable oil
1 clove garlic finely chopped
1 onion sliced
1 teaspoon ginger powder (or chopped fresh ginger)
1.5 litre vegetable stock
4 tablespoon light soy sauce
4 hard boiled eggs (or you could use fried eggs)
3 portobello mushrooms sliced

Method

1. Cook your noodles according to the packet instructions, drain and set aside.
2. In a large saucepan add the oil then fry the onion and garlic on a low heat for 5 minutes until softened, stirring regularly with a wooden spoon.
3. Then add the mushrooms and ginger, and cook for a further 2 minutes. Stir often.
4. Now add the stock and soy sauce. Bring to the boil then turn down to a low heat. Add the noodles and cook for two more minutes.
5. Serve in bowls with the boiled eggs cut in half and placed on top.

Tips and swaps

Swap the mushrooms for any vegetables you fancy e.g. carrot or green beans. Squeeze lime or lemon on top for added zing.

Noodle omelette

Serves 4

Dietary: contans Soy, Gluten, and Egg

Ingredients

You need a 500ml bowl full of noodles and finely sliced vegetables.
Either use leftover Rainbow Noodles (page 32) or make a quick version by adding cooked noodles to finely sliced vegetables, a splash of soy sauce, chopped garlic, chilli, ginger and sweet chilli sauce.

4 eggs
1 tablespoon vegetable oil

To serve: Chilli sauce, soy sauce and mayonnaise, chopped coriander

Method

1. Heat a medium sized frying pan and add the oil.
2. Whisk the eggs well and then mix them with the noodles and veg.
3. Tip the noodle mixture into the frying pan and leave to cook for 4-5 minutes, shake the pan every minute or so to make sure the omelette doesn't stick.
4. To turn over: place a big plate on top of the pan and carefully turn the pan and plate over and slide the omelette back into the pan (get an adult to help with this)
5. Cook for another 4-5 minutes on this side. When the egg is cooked through the omelette will feel firm if you touch the top with your spatula.

Tips and swaps

You can make this with rice, egg or wheat noodles.
This is delicious hot or cold and is great served with drizzles of chilli sauce,

Kitchen tips

Always start by washing your hands!

Our recipes are suitable for all the family to get involved in the cooking.

Don't be afraid to experiment with what you have to hand, simply using a recipe as a guide.

Cooking terms...

Zest = grated lemon or orange skin, avoiding the white pith underneath, to add freshness and zing to a dish.

Diced = cut up into small cubes, about ½ cm. When a recipe says roughly diced you can make the pieces bigger.

Drizzle = like dribble only out of a bottle!

Crushed = usually means for garlic - you can use a garlic crusher if you have one, but if you don't you can use a big knife to chop the garlic very finely, then once it's begun to smush nicely add little bit of salt and use the flat side of the knife to smush it more, holding the flat side down and pushing down on it hard as you pull the knife toward you - the salt helps this process. **Only do this with a grown up**, and if you are worried don't do it all, just add the finely chopped garlic, it's fine!

Tsp = 1 level teaspoon.

Tbsp = 1 tablespoon = a table spoon is bit bigger than a dessert spoon - if you don't have one use 3 teaspoons

Blending - for soups and dips if you have a hand or jug blender that's great, if not a potato masher and a willing assistant will do - take it in turns until the soup or dip is as smooth as you want it.

Oven temperatures

Gas	°C	Fan oven
1	140	120
2	150	130
3	170	150
4	180	160
5	190	170
6	200	180
7	220	200
8	230	210
9	240	220

Thankyou...

Thank you to our Children's Kitchen Cooks and partners

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The Children's Kitchen is a collaborative project working city wide, led by chef and food educator Jo Ingleby, Feeding Bristol and Bristol Early Years.
This recipe booklet was produced to support Your Holiday Hub activities.

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