

Haliborange Shiny School
Lesley Waters - Recipes

Main Meal

Age 10-12 yrs

Chunky Salmon No Fuss Fish Cakes

It's a good idea to include a rich source of omega-3 in your child's diet, found naturally in oily fish like salmon which is really good for them.

However, if your child is a fussy eater and doesn't like the taste of oily fish, an omega-3 food supplement is an easy and tasty way to ensure they receive their daily intake of omega-3.

Serves 4

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients

350g waxy new potatoes, such as Charlotte

450g skinless, boneless salmon fillet, cut into 1cm dice

85g frozen petit pois

2 medium eggs, beaten

Small bunch chives, chopped

For the roasted tomatoes

300g small vine tomatoes

1tbsp olive oil

Step 1 - Place the potatoes in a pan of cold water, bring to the boil and simmer for 15 minutes or until just tender

Step 2 - Preheat the oven to 190C/375F/ Gas 5

Step 3 - Line 8 wells of a muffin tin with squares of baking parchment

Step 4 - Drain the potatoes and refresh under the cold water tap. Chop the potatoes into 1cm dice (no need to be exact) and place in a large bowl with the salmon, petit pois, beaten eggs and chives. Season well with salt and pepper. (If you don't like salmon, or are vegetarian, you can substitute the fish for beans, such as borlotti or kidney beans, just remember to wash them well)

Step 5 - Pile the mixture into the lined muffin wells

Step 6 - Now place the tray in the oven and bake for 15 minutes – much healthier than frying!

Step 7 – For the roasted tomatoes, simply place the tomatoes into a roasting tray and drizzle over the oil. Lightly season with salt and pepper and roast in the oven with the fish cakes for 15 minutes

Step 8 – Serve the fish cakes in their little paper cases with the roasted tomatoes

Et Voila!

Pudding

Banana, Mango and Coconut Lime Lassi

Serves 4

Preparation time: 5 minutes

Ingredients

3 medium bananas, peeled & chopped

1 medium, ripe mango, peeled and chopped

1 x 400g can half-fat coconut milk

2 limes, zest of 1, juice of 2 limes (substitute with orange juice if you can't buy limes)

1 glass of crushed ice

This is a seriously simple recipe packed full of vitamins and will really impress your family and friends. Perfect for a hot summer's day.

Step 1 - Place all the ingredients into a blender and blend for 1 minute until smooth

Step 2 - Pour into individual glasses and serve with a lime wedge on the side