

Haliborange Shiny School
Lesley Waters - Recipes

Before You Start Cooking:

Helpful tip # 1:

Remember to wash your hands before you start cooking, germs do not taste very nice!

Helpful tip # 2:

A good cook always cleans up as they go. Make sure that all the surfaces are clean and tidy away any dirty bowls and utensils into the dishwasher or sink

Helpful tip # 3:

Wear an apron to protect your clothes from any splatters or splashes

Age 4-6 yrs

If your child's a fussy eater and sometimes you worry that they are not getting the essential vitamins and minerals necessary for good health through their diet, then supplements provide a tasty and easy way to top up their daily intake.

Main Meal

Carrot & Beef Mini Roasted Meatballs served with Creamy Tomato Sauce Pasta

Serves 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

350g lean beef mince

100g grated carrot

75g fresh white breadcrumbs

1 medium egg, beaten

A dash of Worcestershire sauce

1tbsp olive oil

275g short pasta such as fusilli

500g carton tomato passata

2tbsp mascarpone cheese

Small bunch of chives or parsley, chopped (optional)

Step 1 - Preheat the oven to 190C/ 375F/ Gas 5

Step 2 – Ask an adult to help you put a large saucepan of water on to boil

Step 3 – Grab a big mixing bowl and add the minced beef, freshly grated carrot, bread crumbs and egg into a bowl then add a splash of Worcestershire sauce and mix well. The best way to do this is to roll up your sleeves and use your hands – it may feel a little squidgy but it's lots of fun!

Step 4 – Divide the mince mixture into 20 mini sized balls. Take a small amount of the mince mixture and roll it in between your two hands in a circular motion, until you get a meatball that resembles the size of a golf ball. A helpful hint is to dip your hands into a bowl of water while making the meatballs so that the mixture doesn't stick to your hands – just like magic!

Step 5 – Arrange your mini meatballs neatly on a shallow roasting tray and lightly drizzle the olive oil over the top. Place the tray in the oven and cook for 15-20 minutes. Make sure you wear oven gloves to protect your hands as it will be hot

Step 6 – While your mini meatballs are cooking, carefully put the pasta into the now boiling water and cook according to packet instructions. Be careful you don't splash yourself with hot water, so it's best to ask an adult to do this for you!

Step 7 – Get another saucepan and pour in the red tomato passata sauce and stir in the mascarpone cheese. Stir the sauce over a medium heat until smooth and hot. If you find difficulty reaching the hob, ask a parent to stir it for you

Step 8 – Once the pasta is cooked drain the water and stir in the yummy creamy tomato sauce. Ask an adult to help you with this as well as the water will be boiling hot – you don't want to burn yourself!

Step 9 – Now take four serving bowls and divide the pasta into the bowls, top with the yummy mini meatballs and scatter over the chives or parsley and serve

Delizioso!

Pudding

Yummy Raspberry and Strawberry Wibble - Wobbles

Serves 4

Preparation time: 10 minutes

Chilling/Setting time: 4 hours

Ingredients

600ml raspberry & cranberry juice (if you don't like these flavours chose your favourite fruit juice)

1 sachet gelatine

225g strawberries, hulled and halved & extra for decoration

Step 1 – Take a small saucepan and pour in 150ml of the raspberry and cranberry juice. You can measure the right amount of liquid by using a measuring jug

Step 2 – Sprinkle the sachet of gelatine over the juice and leave for 2 minutes to soak up the juices – this is called sponging the gelatine. Just like a sponge in the bath, the gelatine soaks up all the juices and will go quite spongy

Step 3 – Place the pan over a very low heat and swirl the pan until the gelatine has completely dissolved – just make sure it doesn't overheat! Gradually pour in the remaining raspberry and cranberry juice, stirring well

Step 4 - Divide the strawberries among 4 glass tumblers or moulds

Step 5 - Pour in the jelly and place in the fridge for 4 hours or until set (this is when the liquid will be solid)

Step 6 – Carefully unmould the jelly onto a serving plate and serve with vanilla ice cream and decorate with extra strawberries. A helpful tip here is to place the bottom of the moulds in boiling water as this helps the jelly unmould – ask an adult to do this as you don't want to burn your fingers!

Now watch the jelly wibble - wobble!