

Haliborange Shiny School
Lesley Waters - Recipes

Main Meal

Age 7-9 yrs

Pork Koftas with Cous Cous & Cool Minty Yoghurt Sauce

Serves 4

Preparation time: 10 minutes + marinating

Cooking time: 16 minutes

Ingredients

500g pork tenderloin, cut into chunks

2tbsp olive oil

1tsp ground cumin

2tsp ground coriander

Juice of half an orange

1tbsp runny honey

2 garlic cloves, crushed

2 red peppers, halved, deseeded & each half cut into quarters

For the minty yogurt sauce

200g Greek yogurt

1 garlic clove, crushed

½ cucumber, deseeded & grated

You will also need eight pre-soaked bamboo skewers or metal skewers. Please ask an adult to help with skewering as the tips will be sharp!

Step 1 - Take a large bowl and toss the pork with the olive oil, cumin, coriander, orange juice, honey and garlic - why not use your hands to do this, just remember to wash them afterwards! Season well with pepper and salt. If you have time to spare, it's best to put this in the fridge and chill for 1 hour. If you are vegetarian you can substitute the pork for other vegetables such as courgettes and cherry tomatoes

Step 2 - Skewer the seasoned pork and peppers onto 8 skewers – remember to ask an adult to do this as the skewers will be sharp! Place on a roasting tray

Step 3 - Preheat the grill to medium heat

Step 4 - Place the skewers under the grill for 6-8 minutes on each side, vegetarian option will take slightly shorter

Step 5 - While the pork koftas are cooking, mix all the minty yogurt sauce ingredients together and season with pepper and salt to your desired taste

Serve the minty yoghurt sauce with the skewers

Apricot and Mint Cous Cous

Serves 4

Preparation time: 10 minutes

Ingredients

250g cous cous
300ml hot vegetable stock
150g dried apricots, chopped
Large bunch mint, chopped
4tbsp olive oil
Squeeze of lemon juice

Step 1 - Place the cous cous in a large bowl and pour over the hot stock. Allow to soak for 3 minutes

Step 2 - Add the chopped dried apricots, mint, olive oil and lemon juice and fluff up with a fork – it's as simple as that!

Season with salt and pepper to taste and serve with the pork koftas and minty yoghurt sauce – delicious!

Pudding

Scrumptious Tea Cup Plum and Blueberry Crumbles

Serves 4

Preparation time: 10 minutes

Cooking time: 20-25 minutes

Ingredients

5 ripe plums, stoned & chopped
150g blueberries & extra for decoration
2 oranges, juice only
40g butter, chilled, diced
115g plain flour
40g demerara sugar
40g porridge oats
150ml double cream to serve (optional)

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

Step 2 - Take a bowl and toss the chopped plums and blueberries together and divide equally between four ovenproof teacups or shallow dishes, then pour the orange juice over the four individual teacups or dishes

Step 3 - To make the crumble, put the butter and flour into a bowl and rub together with fingertips until it resembles coarse crumbs - now stir in the sugar and porridge oats

Step 4 - Top the fruit with the crumble mixture and bake in the oven for 20-25 minutes or until bubbling hot (the juice should bubble over the edge of the crumble)

Step 5 – Top the crumbles with extra blueberries if desired and pour over a little double cream

Enjoy!