

Potato Wedges

5 medium potatoes
3 tbsp vegetable oil or olive oil
2 tsp paprika
1/2 tsp curry powder
1 tsp dried oregano
a little salt
Serves 4

Preheat oven to 220C

Wash potatoes in luke-warm water. Leaving the skin on, cut potatoes in half lengthwise then into quarters. Cut each quarter into 3 wedges. Place potatoes

in a saucepan and cover with cold water. Bring to the boil and boil for 2 minutes.

Drain potatoes and toss in a bowl with oil, paprika, curry powder and oregano. Line a baking tray with baking paper. Place wedges on tray, spacing them a little, and bake in a pre-heated oven for about 20 minutes or until cooked through, turning them over once during the cooking.

Season wedges with salt and serve with a yoghurt dip or tomato sauce.

Yoghurt Dip

Serves 4
Mix 1 cup of Greek-style yoghurt with 3 chopped mint leaves and one chopped clove of garlic. Cover dip and refrigerate until ready to serve.



Stir-Fry Flavour

Add chopped garlic, ginger or a spice like cumin, at the beginning of the cooking. Flavoursome sauces like soy sauce, mushroom or oyster sauce can be added at the end as well as herbs like coriander and parsley.

To stir-fry, heat the wok well, add a little oil then stir in the vegetables. Start cooking the hard vegetables first, like carrots and celery, then after a minute or two add softer vegetables like broccoli or cauliflower. Keep stirring, then lastly add very soft vegetables like beansprouts and spinach.

If the vegetables start to brown or burn, add 2 tbsp water down the side of the wok. Stir and finish cooking by adding a lid and steaming the vegetables until cooked. Cook noodles according to directions, drain and carefully mix together.

Many kids love the texture of noodles and stir-fried vegetables. First, cut all vegetables into sticks or bite-size pieces before starting the cooking. To make stir-frying easier, green vegetables like beans, broccoli, asparagus, celery and other hard vegetables like carrots can first be softened by placing them in a bowl and covering them with boiling water from the kettle for 3 ñ 4 minutes before draining and stir-frying them.

Stir-Fried Vegetables with Noodles

Kiwifruit, Strawberry and Banana Pancakes

1/2 cup quick oats
1/2 cup plain flour
1 tsp baking powder
1/2 tsp bicarb soda
1/2 cup Greek-style yoghurt
1 egg
1/2 cup milk
a little vegetable oil to brush in the pan
6 large strawberries, cut into 5mm slices
2 bananas, cut into 5mm slices
2 kiwifruits, peeled and cut into 5mm slices
Makes about 8 pancakes



Combine oatmeal, plain flour, baking powder and bicarb soda in a large bowl. Make a well in the centre and pour yoghurt, eggs and milk into the well. Whisk until well combined.

Brush a large non-stick pan with oil and heat well. Place large spoonfuls of pancake batter into the pan, spacing them out, say 3 or 4 pancakes at a time.

Top each pancake with a slice of strawberry, banana and kiwifruit. Cook the first side for about 2 minutes, then carefully turn pancakes over and cook the second side for about 1 minute. Make sure the fruit doesn't burn.

Strawberry Fruit Salad with Banana and Kiwifruit

1 orange
1 lemon
300g strawberries
2 tbsp sugar
2 bananas
4 kiwifruits
Serves 4



Squeeze the juice of the orange and lemon. Wash, tail and halve strawberries and cut bananas into 2 cm slices

Blend orange and lemon juice, half the strawberries and sugar to a liquid. Transfer liquid to a bowl and add remaining strawberries and the banana pieces.

Spoon a little red fruit salad into 4 parfait glasses then stack the peeled, quartered kiwifruits over the fruit salad. Refrigerate if not serving straight away.

Cool Stewed Fruits

The secret of exciting stewed fruits lies in the contrast of texture between the fruits once they are cooked. Flavour stewed fruits with lemon or orange peel, vanilla, cinnamon or star anise. Fruits can be stewed in water or fruit juice such as apple or orange juice. The fruits must be cooked by simmering rather than boiling too fast.

Here is a kids' favourite

Peel, halve and quarter 2 pears and 2 apples. Place in a saucepan with 1 cup apple juice, a small piece of cinnamon stick, 1/3 of a vanilla pod, 10 prunes and 2 tbsp sugar. Bring to a simmer, stir, cover with a lid and cook for 10 minutes. Stir once during this time. Allow to cool. Stir in about 10 chopped almonds before serving.

Recipes by Gabriel GatÉ for

HEALTHY KIDS

and growing bodies



FRESH TASTES



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HELPFUL HINTS

Fresh fruits and vegetables contain essential vitamins for growing bodies. It is important for children to eat a variety of each daily. Here are some tips to encourage them.

- teach kids to use a peeler as early as possible
- vary the fruits in your kitchen bowl and, between meals, slice some and arrange creatively on a small platter for them
- put sticks of raw vegetables in school lunchboxes
 - prepare vegetables in different ways, raw, sliced, grated, steamed etc. They are sure to like them one way or another
 - teach kids the names of fruits and vegetables and treat them to their wonderful aromas and textures
 - kids just love fruit salad. You need at least 3 or 4 different fruits to create a good fruit salad. A fruit salad will keep longer if it's covered with liquid such as fresh orange juice or juice blended with berries. Add a little sugar to the liquid to help preserve the fruits.

2 tbsp olive oil
 1/2 tsp mild curry powder
 salt and freshly ground black pepper
 8 medium chicken drumsticks, skin off
 4 slices butternut pumpkin, about 1cm thick
 250 g green beans, topped and tailed
 a handful of mixed green leaves
 4 medium tomatoes, sliced
 an extra drizzle of olive oil
 1 lemon, cut into 4 wedges
Serves 4

Preheat oven to 200C

In a bowl, mix olive oil with curry powder and a little salt and pepper. Toss drumsticks and pumpkin pieces in this seasoning. Place drumsticks and pumpkin in a baking tray and bake in the preheated oven for 25 ñ 30 minutes or until cooked.

Cook beans in salted boiling water for about 8 minutes. Drain beans and season with a little salt.

Stack green leaves, tomato slices, pumpkin slices and beans on top of one another on plates. Drizzle a little olive oil over the top, then serve 2 drumsticks per person each with a lemon wedge.

Chicken Drumsticks with Vegetable Stacks

In this tasty dish, the vegetables are stacked in layers like a hamburger.

1 cup self-raising flour
 1/4 tsp salt
 4 ñ 6 tbsp Greek-style yoghurt
 1/2 green capsicum, cut into bite size pieces
 1/2 red capsicum, cut into bite size pieces
 4 medium mushrooms, sliced
 2 tbsp olive oil, mixed with 1 chopped garlic clove
 about 3 tbsp Italian-style tomato sauce
 3/4 cup grated mozzarella cheese
 10 black olives, pitted
Makes 6 to 8 wedges

Quick Vegetarian Pizza



Easy Pizza Base

There is no kneading required, no waiting for the dough to rise with this recipe. Ingredients are simply mixed together.

Preheat oven to 250C

Combine flour, salt and yoghurt in a bowl until a soft dough forms. You need to obtain an éeasy-to-rollí dough texture. Don't knead the dough.

Roll out the dough very thinly and place on a greased pizza tray about 24cm. Brush dough with the oil and garlic and spread the tomato sauce over the top.

Prepare the vegetables. Scatter half the cheese over the top along with capsicum pieces, sliced mushrooms and the olives. Top with remaining cheese.

Cook for 10 ñ 15 minutes until the vegetables are soft and the dough has browned underneath. Cut into wedges and serve immediately.

2 medium ripe avocados
 juice of 1/2 lemon
 3 drops Tabasco sauce
 2 tbsp sour cream
 about 1 tbsp finely chopped onion (optional)
 salt and freshly ground black pepper
 1/2 continental cucumber cut into long sticks and seeds removed
 1 medium carrot, cut into long thin sticks
 2 celery sticks, cut into long thin sticks
 about 15 cherry tomatoes
 about 20 green or black olives
 1 cup cauliflower flowerets
 200 g cheddar cheese, cubed
 1 slice of ham, 1 1/2 cm thick, cut into cubes
 4 hard-boiled eggs, halved
 about 25 rice crackers
Serves 8

Halve avocados and remove stones. Scoop out the flesh into a bowl and add lemon juice, Tabasco, sour cream, chopped onion and a little salt and pepper to taste. Using a fork, mash avocado flesh coarsely, mixing it with the seasonings. Refrigerate if not using immediately.

Place the bowl of avocado on a large platter. Garnish platter with cucumber, carrot and celery sticks, cherry tomatoes, olives, cauliflower, cheese and ham cubes, hard-boiled eggs and crackers.

Kid's Antipasto Party Platter



Kid's Fruit Juice Cocktails

Fresh fruit juice is so delicious and, with an electric fruit juice extractor you can create superb cocktails. Try a mixture of pineapple and orange, strawberries and watermelon or apple and kiwifruit. Add a little yoghurt to the mixed juice and you get an even more nourishing drink.



Kids Love Smooth Soups

A smooth soup is a great way for families to consume several vegetables. The best smooth soups are made with at least 2 vegetables, eg: carrot and potato; leek and pumpkin; celery and sweet potato. The liquid to cook soup can be water or a vegetable, chicken or beef stock.

Leek and Vegetable Soup

Trim and discard the root and most of the green parts of two leeks. Wash leeks and slice finely. Wash again in a colander.

Heat 2 tbsp olive oil in a non-stick saucepan and cook leeks on medium heat for 5 minutes. Add a whole butternut pumpkin, cut into cubes (skin and pips removed). Cover with stock or water, season with salt and pepper and simmer until the vegetables are soft. Blend the soup with a hand-whizz, blender or mouli until smooth.

Add chopped parsley or chives and garlic to add more flavour. Stir in a little milk or cream for a richer flavour.



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