

## Macaroni and Vegetable Cheese

about 300 g macaroni  
or about 6 cups cooked macaroni  
salt  
a little olive oil to grease the dish  
2 cups cooked vegetables,  
e.g. spinach, pumpkin, carrot,  
zucchini, peas  
freshly ground black pepper  
5 tbsp cream  
2 egg yolks  
1/2 tsp sweet paprika  
1/4 tsp curry powder  
5 tbsp grated Swiss-style cheese  
4 tbsp dried breadcrumbs  
**Serves 4**



## Tasty Baked Vegetable Burgers

about 3 cups pumpkin flesh, diced  
1/2 tbsp olive oil  
2 tbsp plain flour  
1/4 tsp curry powder  
salt and freshly ground black pepper  
1 cup cooked peas  
1/4 cup shelled walnuts, chopped  
4 tbsp chopped coriander leaves  
about 2 tbsp sesame seeds  
**Makes 4**

Preheat oven to 220°C. Place diced pumpkin in a roasting tray and toss with olive oil. Bake until pumpkin is soft. (Alternatively, steam or microwave the pumpkin). Reduce oven to 200°C.

Mash pumpkin well and mix with flour and curry powder and season with salt and pepper. Mix in peas, chopped walnuts and chopped coriander leaves.

Shape into 8 small burgers. Sprinkle with sesame seeds, pressing the seeds in a little.

Place burgers on a piece of baking paper in an oven tray and bake at 200°C for about 15 minutes.

Serve burgers with tomato sauce or a vegetable dip, such as guacamole or hummus.



Cook the pasta in a large pot of salted boiling water. When cooked, drain pasta well.

Place slices of tomato in the base of a greased oven-proof, gratin-style dish which serves 4 people.

Mix warm cooked pasta with the reheated cooked vegetables. Season with salt and pepper and spoon mixture over tomatoes. Preheat oven grill.

In a bowl, mix cream, egg yolks, paprika and curry powder. Spoon this evenly over the hot pasta and sprinkle the top with grated cheese and breadcrumbs. Place under the hot grill long enough to melt and lightly brown the top. Serve immediately.

## Grilled Pineapple, Apple and Kiwifruit with Orange Yoghurt

8 tbsp Greek-style yoghurt  
1 orange, peeled and cut into small pieces  
4 slices of fresh pineapple, cut 1 cm thick  
1 Granny Smith apple  
cored and cut into 1 cm slices  
2 kiwifruit, peeled and cut into 1 cm slices  
icing sugar for dusting  
**Serves 4**

Mix yoghurt and orange pieces together. Refrigerate until required.

Heat a clean cast-iron grill and grill slices of fruit for 1 to 2 minutes on each side. Serve the grilled fruit slices with the yoghurt.

You can dust with a little icing sugar if the fruits are not sweet enough.



## Fruit Salads

Start fruit salads by placing the juice of freshly squeezed oranges in a bowl. Add small pieces of fresh, seasonal fruits. It's more delicious and fun if you can create a contrast of colour and texture, e.g. strawberries, kiwifruit, pawpaw, banana, passionfruit. If you need to make a fruit salad ahead of time, gently stir in 1 or 2 tbsp sugar or honey. Then cover with plastic wrap and refrigerate. Remember to peel or wash fruit always before use.



Recipes by Gabriel Gaté for

# KIDS Snacks and Lunches



## Filo Fruits and Custard Tartlets

In a bowl, thoroughly combine egg yolks with sugar. Then stir in the flour, and lastly stir in the milk. Place in a saucepan on medium heat and stir until it thickens. Transfer to a medium bowl and mix well. Allow to cool.

Preheat oven to 200°C.

Brush a sheet of filo pastry with oil. Top with a second sheet of filo and brush with oil. Top with the last sheet of filo. Cut into 6 even rectangles. Gently line the greased muffin tin with the filo rectangles. The edges of the pastry can protrude from the top of the tins.

Bake in preheated oven until the pastry is very lightly browned and the base has dried. It takes only a few minutes. Remove from oven and leave to cool.

Prepare fruits. Refrigerate fruits if not using immediately. Just before serving, whisk the cream into the cold custard.

Carefully remove pastry shells from the muffin tin. Spoon a little custard into the pastry shells and top with small slices or pieces of fresh fruit.

2 egg yolks  
50 g caster sugar  
25 g plain flour  
1/4 litre milk, warm  
vegetable oil  
3 sheets of filo pastry  
a variety of seasonal fruits cut into small slices or pieces  
2 tbsp cream  
**Makes 6 tartlets in a greased muffin tin**



# FRESH TASTES

## Crustless Vegetable and Ricotta Quiches

80 g smooth ricotta cheese  
2 tbsp grated parmesan cheese  
3 eggs  
1 1/2 cups milk  
2 tsp cream  
2 cups mixed boiled or baked vegetables, cut into pieces, e.g. broccoli, cauliflower, sweet potatoes  
salt and freshly ground black pepper  
1/4 tsp paprika

Makes 12 small quiches

## Chicken Salad with Avocado, Cucumber and Tomato

2 roast chicken fillets  
1 avocado, peeled and cut into long, thin pieces  
1/2 European cucumber, peeled, seeds removed and cut into small sticks  
16 cherry tomatoes, halved  
salt and freshly ground black pepper  
juice of 1 lemon  
2 tbsp olive oil  
1 butter lettuce, washed and shredded  
Serves 4

## Banana, Carrot and Sultana Loaf

You need a greased 20 cm loaf tin, the base lined with baking paper.

1/2 cup caster sugar  
3 eggs  
1/2 tsp finely grated lemon zest  
1/2 cup vegetable oil  
1 cup wholemeal self-raising flour  
1/2 cup almond meal  
1 tsp bicarb soda  
a pinch of salt  
1 1/2 cups finely grated carrots  
1 banana, mashed  
1/2 cup sultanas  
12-15 pitted prunes  
Makes about 12 slices

Preheat oven to 180°C.

In a large bowl, thoroughly combine sugar, eggs and grated lemon zest. Mix in oil, flour, almond meal, bicarb soda and salt until smooth. Stir in grated carrots, mashed banana, sultanas and prunes.

Pour mixture into the prepared tin. If you wish, before placing in the oven, decorate the top of the loaf with 4 or 5 thin slices of banana. Bake in preheated oven for about 1 hour.

Remove from oven and cool in the tin for about 10 minutes. Turn out onto a wire rack to cool.

## Fruit Platter for Kids

Most kids adore fruit, but to get them to eat more of it, prepare fruit in attractive ways – cut into pieces, cubes, or sticks, etc. Prior to cutting up, wash fruits briefly in cold water. Introduce different varieties of fruit from time to time and turn your platter into a surprise treat.

## Salad and Cheese Pita Pocket Sandwiches

2 tbsp alfalfa  
6 tbsp grated carrot  
1/4 avocado, diced  
1 slice beetroot, diced  
2 thin slices Swiss-style cheese cut into small pieces  
1 pita pocket bread  
Serves 1

Select a wholemeal pita pocket for added fibre. You can be creative with your fillings, but avoid using ingredients that are too moist.

In a bowl, gently mix alfalfa, carrot, avocado, beetroot and cheese.

Cut open one side of the pita bread. Carefully spoon the filling into the pocket bread, then wrap in grease-proof paper, foil or plastic film before placing in the lunchbox.

# HELPFUL HINTS

## Kids lunch box

- Provide fresh fruit (whole or in pieces), vegetables either grated or cut into sticks, cold lean meat, cheese and wholemeal or wholegrain bread.
- Make sure the food is easy to eat and packed carefully so that it doesn't dry out or bruise.
- Vary lunch from one day to the next and provide a non-sweetened drink or cool water bottle.

## After-School

- It's the time for a glass of fresh fruit juice, and some yoghurt with fruit, cheese and vegetable sticks. Yum!



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Bake these individual quiches in 12 foil patty pans.

Preheat oven to 180°C.

In a mixing bowl, mix ricotta cheese with parmesan, eggs, milk and cream. Mix in cold vegetables and season with salt, pepper and paprika.

Carefully spoon the mixture into the patty pans and bake in the preheated oven for about 20 minutes or until set.

Allow to cool slightly before serving. They are also lovely cold.

Shred the flesh of the chicken and place in a bowl with the avocado, cucumber sticks and tomato halves. Season with salt and pepper, lemon juice and olive oil.

Place shredded lettuce on 4 plates. Pile the chicken salad in the centre and serve.

Preheat oven to 200°C.

Peel, core and halve apples cross wise like a doughnut. Place apples, flat side down, in an oven tray. Fill the apple holes with diced bananas and dried apricots. Pour the apple juice over the apples.

Mix lemon zest with brown sugar and sprinkle over apples.

Bake in preheated oven for about 20–25 minutes or until apples are soft.

Serve baked apples with icecream.

4 large Golden Delicious apples  
1 banana  
8 dried apricots, chopped  
1/2 cup apple juice  
1 tbsp finely grated lemon zest  
2 tbsp brown sugar  
vanilla icecream  
Serves 4

