

THE TINY

RECIPE BOOK - DINNER

RYEFIELD PRIMARY SCHOOL



Children who eat meals with their family are usually good eaters. They often like a variety of foods and are less fussy. Regular family meals gives all members an opportunity to enjoy each others company and give the whole family something to look forward to. It builds good relationships, strengthens ties which can help self esteem.

Family meals can also offer life, manners, social and communication skills. Children who have a large vocabulary find they can read earlier and more easily. Therefore eating together can only be a positive move.

A family dinner should be enjoyed and celebrated!

Mrs Avery

Pasta with salmon & peas

Ingredients

Serves 4

240g whole wheat fusilli or any pasta shapes
knob of butter or olive oil
1 large shallot, finely chopped
140g frozen peas
2 skinless salmon fillets, cut into chunks
140g low-fat crème fraîche
½ low-salt vegetable stock cube
small bunch of chives, snipped.

Method

STEP 1

Bring a pan of water to the boil and cook the fusilli according to the pack instructions.

STEP 2

Meanwhile, heat a knob of butter in a saucepan, then add the shallot and cook for 5 mins or until softened.

STEP 3

Add the peas, salmon, crème fraîche and 50ml water. Crumble in the stock cube.

STEP 4

Cook for 3-4 mins until cooked through, stir in the chives and some black pepper. Then stir through to coat the pasta. Serve in bowls.



Note: An onion instead of a shallot.
Natural yoghurt instead of crème fraîche.
Chives can be left out.

Sausage & white bean casserole

Ingredients

Serves 4

1 red or yellow pepper, deseeded and cut into chunks
2 carrots, cut into thick slices
2 red onions, cut into wedges
8 chipolatas, cut into thirds
400g can peeled cherry tomatoes
400g can white beans, drained
200ml low-salt chicken stock
2 tsp Dijon mustard
100g frozen peas
potatoes, pasta or rice, to serve.

Method

STEP 1

Heat oven to 220C/200C fan/gas 7. Roast the pepper, carrots and onion in a deep baking dish for 15 mins. Add the sausages and roast for a further 10 mins.

STEP 2

Reduce oven to 200C/180C fan/gas 6, tip in the tomatoes and beans, then stir in the stock. Cook for another 35 mins. Stir in the mustard and peas and return to the oven for 5 mins. Rest for 10 mins, then serve with potatoes, pasta or rice.



Note: Replace white beans with any tinned beans.
Add different vegetables and meat e.g. courgettes, aubergines, chicken.
Anything goes!

Ingredients

Serves 4-6

1kg Maris Piper potatoes, peeled and halved
400ml milk, plus a splash 25g butter,
plus a knob
25g plain flour
4 spring onions, finely sliced
1 x pack fish pie mix (cod, salmon, smoked haddock
etc, weight around 320g-400g depending on pack
size)
1 tsp Dijon or English mustard
½ a 25g pack or a small bunch chives, finely snipped
handful frozen sweetcorn
handful frozen petit pois (peas)
handful grated cheddar.

Method

STEP 1

Heat the oven to 200C/fan 180C/gas mark 6.

STEP 2

Put 1kg potatoes, peeled and halved, in a saucepan and pour over enough water to cover them. Bring to the boil and then simmer until tender.

Easy fish pie

STEP 3

When cooked, drain thoroughly and mash with a splash of milk and a knob of butter. Season with ground black pepper.

STEP 4

Put 25g butter, 25g plain flour and 4 finely sliced spring onions in another pan and heat gently until the butter has melted, stirring regularly. Cook for 1 - 2 mins.

STEP 5

Gradually whisk in 400ml milk using a balloon whisk if you have one. Bring to the boil, stirring to avoid any lumps and sticking at the bottom of the pan. Cook for 3 - 4 minutes until thickened.

STEP 6

Take off the heat and stir in 320g-400g mixed fish, 1 tsp Dijon or English mustard, a small bunch of finely snipped chives, handful of sweetcorn and handful of petits pois. Spoon into an ovenproof dish or 6 - 8 ramekins.



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Chicken, sweet potato & pea curry

Ingredients

Serves 4

1 tbsp rapeseed oil
1 tbsp korma paste
2 skinless chicken breast fillets, each cut into 8-10 pieces
320g sweet potatoes, chopped into bite-sized pieces
6 tbsp red lentils
325ml can light coconut milk (freeze the rest for later)
200g frozen peas
220g cherry tomatoes
300g cooked rice or roti, to serve.

Method

STEP 1

Heat the oil in a deep frying pan or wok, stir in the curry paste and fry for 30 seconds until it becomes fragrant. Stir in the chicken, then add the sweet potatoes and lentils and keep stirring to coat everything in the paste. Add 300ml water and the coconut milk. Bring to the boil, then simmer for 15-20 mins or until the chicken and sweet potato are cooked through and the consistency of the sauce is slightly thickened.

STEP 2

Tip in the peas, bring back to the boil and simmer for a further 2 mins, then add the tomatoes and cook for 2 mins more. Serve with steamed rice, or roti.



Note: Vegetable/sunflower oil can be used. Korma paste is mild so if you and your child/children prefer it a bit more punchy, use a hotter paste.

Chicken fillets can be replaced with thighs (these have more flavour but remember the bones!).

Any type of flat bread would work too.

Simple stir-fry

Ingredients

Serves 4

500g vegetables such as carrots, baby corn, broccoli, courgettes, red peppers and cabbage or pak choi
1 tbsp rapeseed/olive oil
1 garlic clove, sliced
1cm fresh ginger, grated
1½ tbsp reduced salt soy sauce
2 tbsp sweet chilli sauce (optional)
200g cooked prawns, salmon (flaked) or chicken breast (shredded)
200g egg noodles, cooked.

Method

STEP 1

Finely chop or slice the vegetables into pieces roughly the same size. Slice the carrots diagonally, slice the baby corn, cut the broccoli into small florets, then slice the stem, and finely slice the peppers, cabbage or pak choi. Heat the oil in a large frying pan or wok, then fry the garlic and ginger for 1 min.

STEP 2

Add the veg and toss to coat. Fry for 2-3 mins, then add the soy sauce and chilli sauce, if using, and mix well. Cook for 2-3 mins more until the veg is tender. Stir in the prawns, salmon or chicken and heat through. Serve over the noodles.



Note: Stir frying is quick so make sure your vegetables are prepared and sliced thinly for an even cook.

Ingredients

Serve 2-4

Pizza with homemade sauce

300g strong white bread flour , plus extra for dusting

1 tspn instant yeast

1 tbsp olive oil

For the tomato sauce:

1 tbsp olive oil, plus a drizzle

2 garlic cloves, crushed

200ml passata

For the topping:

8 mozzarella pearls , halved

small bunch fresh basil.

Method

STEP 1

Tip the flour into a bowl, then stir in the yeast and 1 tsp salt. Make a well in the centre and pour in 200ml warm water (make sure it's not too hot) along with the oil. Stir together with a wooden spoon until you have a soft, fairly wet dough.

STEP 2

Tip the dough out onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside for an hour or so or until the dough has puffed up and doubled in size. You can also leave the rough, unknaded dough in the bowl, cover with a tea towel and leave in the fridge overnight and the dough will continue to prove on its own.

STEP 3

Meanwhile, make the tomato sauce. Put the oil in a small pan and fry the garlic briefly (don't let it brown), then add the passata and simmer everything until the sauce thickens a little. Leave to cool.

STEP 4

Once the dough has risen, knead it quickly in the bowl to knock it back, then tip out onto a lightly floured surface and cut into two balls. Roll out each ball into a large teardrop that is very thin and about 25cm across (teardrop shapes fit baking sheets more easily than rounds).

STEP 5

Heat oven to 240C/220C fan/ gas 9 with a large baking sheet inside. Lift one of the bases onto another floured baking sheet. Smooth the sauce over the base with the back of a spoon, scatter over half the mozzarella, drizzle with olive oil and season. Put the pizza, still on its baking sheet, on top of the hot sheet in the oven and bake for 8 - 10 mins until crisp.



Note: Alternatively buy ready made pizza base mix.

Exchange mozzarella with any melting cheese. Remember cheese is high in fat, so in moderation.

To improve the health benefit add salad.

Easy chicken fajitas

Ingredients

Serves 3

2 large chicken breasts, finely sliced
1 red onion, finely sliced
1 red pepper, sliced
1 red chilli, finely sliced (optional)
For the marinade:
1 heaped tbsp smoked paprika
1 tbsp ground coriander
pinch of ground cumin
2 medium garlic cloves, crushed
4 tbsp olive oil
1 lime, juiced
4-5 drops Tabasco sauce.

To serve

6 medium tortillas
bag mixed salad
230g tub fresh salsa.

Method

STEP 1

Heat oven to 200C/180C fan/gas 6 and wrap 6 medium tortillas in foil.

STEP 2

Mix 1 heaped tbsp smoked paprika, 1 tbsp ground coriander, a pinch of ground cumin, 2 crushed garlic cloves, 4 tbsp olive oil, the juice of 1 lime and 4-5 drops Tabasco together in a bowl and season.

STEP 3

Stir 2 finely sliced chicken breasts, 1 finely sliced red onion, 1 sliced red pepper and 1 finely sliced red chilli, if using, into the marinade.

STEP 4

Heat a griddle/frying pan until smoking hot and add the chicken and marinade to the pan.

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Crispy cod fingers with wedges & dill slaw

Ingredients

3 large sweet potatoes (700g), scrubbed and cut into wedges
½ tbsp sunflower oil, plus a little extra
¼ large red cabbage or white cabbage
½ medium red onion, finely sliced
6 large cornichons , quartered
3 tbsp Greek yogurt or mayonnaise
25g dill, finely chopped
4 skinned cod fillets (160g per fillet)
2 large eggs
100g fresh breadcrumbs.

Method

STEP 1

Heat oven to 200C/180C fan/gas 6. In a bowl, toss the wedges with the oil, and season with salt and pepper. Transfer to a baking sheet and roast for 25-30 mins, turning halfway through. The wedges should be crisp and golden brown.

STEP 2

Meanwhile, make the slaw. Remove the cabbage's white core and discard. Slice the leaves as finely as possible and put in a large mixing bowl with the onion and cornichons. In another bowl, combine the yogurt or mayonnaise with the dill and 2 tbsp of the cornichons' pickling liquid. Mix the dressing with the other slaw ingredients until everything is well coated, then set aside.

STEP 3

Heat grill to high. Slice each cod fillet into two or three fingers. Beat the eggs lightly in a shallow bowl and tip the breadcrumbs into a separate bowl with a good pinch of salt and pepper. Dip each cod finger in the egg and then in the breadcrumbs, and place on an oiled baking sheet. Grill for 6-7 mins or until cooked through and golden. Serve with the crispy wedges and a generous helping of the dill pickle slaw.



Note: Cornichons are small dill pickles use either.

Coleslaw can be bought ready made for quickness.

ONE MORE NOTE

Challenge yourself to create alternatives. You do not have to stick to the ingredients mentioned. Replace ingredients that you and your child/children enjoy.

Planning is the key. Plan seven days of meals and you will be prepared when you walk through the door. Use this time to enjoy creating with the ingredients you have available and include your child/children in the preparation. A great time for a chat about everyone's day.

All recipes can be found on [BBC GoodFood](#).