



Wild Things - Droitwich

Recipes

Summer 2026



Written and compiled by Meg Hearne

Contents

Introduction.....	3
Safety first	3
What is choking?	3
What is gagging?.....	4
How to prepare food to reduce the risk of choking.....	5
Weaning and first foods.....	5
What foods to choose.....	6
Introducing allergens	6
Purees or baby led weaning?	7
“Food before one is for fun”	7
Continuing your child’s food journey	7
Zero pressure – the division of responsibility	7
Food groups, nutrition and variety	8
What is a portion?.....	9
How to use this recipe book.....	9
Our summer menu recipes	10
Our allergen chart.....	10
Courgette and sweetcorn fritters	11
French toast.....	12
Chorizo BBQ beans.....	13
Fish and sweet potato fries	14
Paella	15
Pitta Pizza	16
Fajitas.....	17
Beef and broccoli pasta	18
Pasta bean bake.....	19
Omelette.....	20
Jacket potato.....	21
Stir fry	22
Rainbow rice	23
Quiche.....	24
Risotto (mushroom).....	25
Risotto (ham and leek)	26
Yamburgers.....	27
Beef tacos in a bowl.....	28
Quesadillas.....	29
Bolognese	30
Spanish rice and beans.....	31
Leek pasta	32
Stroganoff	33
Cabbage and bacon pasta	34
Fish rice bake	35
Further information and links.....	36

Introduction

As adults, food is part of our daily lives – several times a day we fuel our bodies, choosing from a quick snack, whatever is in the cupboard, a carefully planned weekly menu, packing a lunch for ourselves or ordering a takeaway when time and energy are in short supply. So why does it feel so complicated when we suddenly have to feed our little ones for the first time?

All of a sudden we find ourselves confronted by weaning methods, prepackaged baby food adverts, influencers and well-meaning advice from friends, family and complete strangers. We want to do the very best for our little ones and make sure we get it right – we only get one chance and the pressure to follow the right trends and buy the most heavily advertised products is enormous.

Thankfully, introducing your little one to food and keeping them full, healthy and thriving is not as complicated, time-consuming or expensive as the adverts would have you believe. Our recipes in this book are tried and tested by the most discerning of food critics – our Wild Things! Ranging in age from 9 months to four years, they never hold back on their feelings about our food.

Whatever weaning method you choose, all of our recipes can be adapted from initial weaning stages right up to the oldest, most seasoned members of your family. Many can be prepared in advance and any extra portions can be frozen for when you need them. They are nutritious, delicious, and cost-effective. Let us know what you think of them, too!

Safety first

What is choking?

When an object blocks the airways, this is called choking. Choking is silent – air cannot get into nor out of the lungs, and so there is no coughing, groaning or crying. Your child may appear to cough without any sound, or may wave their arms around or clutch at their throat. Where the airways are not completely blocked, your child may have a quiet wheeze whilst struggling to breathe. If your child can cough with sound, encourage them to keep coughing to dislodge the object.

The main cause of choking in children is food. Always watch your child when they are eating, because you will not hear if they start to choke.

If your baby or child is choking and unconscious

- Shout for help if there is anyone nearby or in the house with you
- Get someone to call 999 – if you are on your own, call 999 yourself with your phone on loud speaker so that your hands are free to treat your child. The 999 call handler will remain on the phone with you until medical help arrives. They can talk you through how to perform rescue breaths, chest compressions and effective breaths based on the age of your child.
- Look in your child's mouth – if you can see the object, try to remove it. If you cannot see it, do not try to remove it as you may push it further into the airway
- Perform 5 rescue breaths, checking if your child's chest rises and falls with your breaths
- Perform 30 chest compressions
- Perform 2 effective breaths
- Continue in a cycle of 30 chest compressions followed by 2 effective breaths until either medical help arrives, or your child starts to breathe normally
- If your child starts to breathe normally before medical help arrives, lay them in the recovery position and wait for help.

NHS instructions on how to perform rescue breaths, chest compressions and effective breaths on a baby or small child (instructions differ based on your child's age): <https://www.nhs.uk/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

If your baby or child is choking but conscious

- Look in your child's mouth – if you can see the object, try to remove it. If you cannot see it, do not try to remove it as you may push it further into the airway
- If you cannot remove the object, or your child is continuing to choke, perform 5 back blows with the child laying face-down, with their head below the height of their bottom, along your thighs.
- If your child is continuing to choke, perform 5 chest thrusts (for babies under 12 months) or 5 abdominal thrusts (for children 1 year and over)
- If your child is still choking, shout for help if there is anyone nearby or in the house with you
- Get someone to call 999 – if you are on your own, call 999 yourself with your phone on loud speaker so that your hands are free to treat your child. The 999 call handler will remain on the phone with you until medical help arrives.
- Continue to alternate between 5 back blows and 5 chest/abdominal thrusts until either your child is breathing normally again, or medical help arrives.

NHS instructions on performing back blows, chest thrusts and abdominal thrusts on a baby or child: <https://www.nhs.uk/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

Afterwards

Even if you do manage to dislodge the object with either back blows or chest thrusts, always get your baby checked out urgently by a medical professional to make sure the object is fully removed and hasn't done any damage to the throat or airways, and that your baby or child hasn't been affected by efforts to remove the object.

What is gagging?

Gagging is a baby's natural reflex to help prevent choking, and because your baby is learning to regulate how much food they can chew and swallow at one time. Gagging is noisy – it can sound like coughing, retching, gurgling or spluttering. Your baby's face may become red, their eyes may water, they may push their tongue forward or they may bring food or drink up as vomit.

In adults, our gag reflex is quite far back in our throats – somewhere near the tonsils and uvula (the dangly bit at the back of your throat). Babies who are exploring food for the first time have a gag reflex that is much further forward in their mouth – when those areas are touched by food, it can trigger the gag reflex to prevent choking.

As your baby gets more accustomed to eating solid food, those areas become desensitised to being touched by food, and the gag reflex moves further back over time until it is similar to that of an adult.

Gagging is a completely normal reflex, and does not mean that your child is choking, or that they are not ready for food. It is important to continue to offer solid food, or purees with an increasingly lumpy and solid consistency in order to train the gag reflex.

If your baby gags on food, stay calm and watch them carefully. As long as they are breathing and acting normally, you can clean up any food that has come out of their mouth and offer food again once their mouth is empty.

How to prepare food to reduce the risk of choking

Avoid giving your baby or small child anything round – round foods can block their airways easily, can be difficult to remove and can cause choking. Always cut round foods, such as cherry tomatoes, grapes, blueberries, strawberries and cherries into quarters. This shape is less likely to block the airway, and can be dislodged easier. Sausages should be cut into lengthwise strips, not into circles.

Cut vegetables, cheese and large fruit such as melon, apples and pears into strips, or batons, so that your child can hold one end whilst biting on the other. Remove the skin, pips and stones of fruit and vegetables.

Steam, mash or grate foods to soften them and make them easier to hold, chew and swallow until your baby is more practiced at biting and chewing.

Bread can form sticky, doughy clumps when your baby chews it. Toasting it makes it safer to chew.

Some foods are a choking risk until your child is much older. Never give children under 5 years food such as popcorn, marshmallows, boiled sweets, lollipops, whole nuts, whole grapes, jelly cubes, or peanut butter on its own (spread on toast or a cracker is safe).



Image courtesy of <https://mykidslickthebowl.com/baby-led-weaning-starter-foods/>

Weaning and first foods

Weaning is the gradual introduction of foods other than breastmilk or infant formula. The NHS recommends weaning from around 6 months of age, once your child can:

- sit and hold their head steady,
- coordinate their eyes, hands and mouth so that they can look at their food, pick it up and put it into their mouth,
- swallow food rather than push it back out of their mouth.

Some children may take a little longer to reach these three stages – that's ok, just go at your child's pace. For certain medical conditions, a medical practitioner may advise introducing certain foods earlier, from around 4 months of age.

What foods to choose

Once you have decided on your preferred weaning method, start by offering small amounts of bitter- and neutral-tasting vegetables first, such as broccoli, spinach, kale and cauliflower. This helps your child to develop a range of tastes, making them more likely to accept a wider variety of foods over time.

Introduce one new food at a time, offering it on a minimum of three separate occasions before introducing the next food. This is particularly important when introducing foods that can cause an allergic reaction (allergens), so that you can check for signs of a reaction.

Introduce sweet foods such as carrots, sweet potatoes and fruit later, once your child has accepted and regularly eats a wide variety of different flavours.

Introducing allergens

There are 14 main food allergens that people are allergic to. These are:

- **celery**
- **cereals containing gluten** (such as wheat, rye, barley, and oats)
- **crustaceans** (such as prawns, crabs and lobsters)
- **eggs**
- **fish**
- **lupin**
- **milk**
- **molluscs** (such as mussels and oysters)
- **mustard**
- **peanuts**
- **sesame**
- **soybeans, soya or soy**
- **sulphur dioxide and sulphites** (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)
- **tree nuts** (such as almonds, hazelnuts, walnuts, Brazil nuts, cashews, pecans, pistachios and macadamia nuts)

Introduce each of the 14 main allergens to your child one at a time, letting your child try each new allergen on at least three separate occasions before introducing the next. This is to make sure your child does not start to react to the allergen, and if your child does have a reaction you can be confident what they are reacting to.

Introduce allergens earlier in the day, when your child is happy, well rested and their skin is healthy. This gives you the best chance to identify any signs of a reaction and to get medical advice the same day.

Signs of a reaction include redness, small lumps (hives), itchiness, sneezing, swelling and watery eyes. If you see any of these symptoms, stop offering the food, clean your child's hands and face with a wet cloth, and seek medical advice from your GP or 111.

Signs of a severe reaction include swelling of the lips, tongue or throat, a change in your child's breathing, or your child becoming lethargic, going floppy or losing consciousness. **If you see any of these symptoms, dial 999 immediately.**

Once your child has successfully eaten an allergen on three separate occasions without experiencing a reaction, keep offering the allergen to your child as part of their regular diet to maintain a tolerance to it.

Purees or baby led weaning?

How you choose to wean your baby is purely down to personal preference. You can choose baby led weaning (BLW), where you offer your baby items of food that they can feed themselves, prepared in shapes that are easy to hold and reduce the risk of choking such as batons or quarters. Puree weaning is where solid food is cooked and blended into a liquid consistency, introducing lumps over a short period of time. You can also blend the two approaches, for example offering puree for part of the meal and letting your baby feed themselves for the remainder of the meal.

“Food before one is for fun”

This can be a controversial statement, since progression to the varied tastes and textures of solid food is very important during this age. In terms of calorie intake, less than 40% of a typical 12 month old's calories will come from solid food. The remaining 60% still needs to come from milk, whether that's infant formula or breastmilk.

Food does not just provide calories, however. The act of eating and chewing strengthens the muscles in the jaw and tongue and helps your baby to develop coordination between all of the complex muscles used in biting, chewing, manipulating food within their mouths and swallowing. This is important for speech development as we use the same muscles to control our breathing as we talk and to form different sounds with our tongue and lips.

Additionally, your child will learn so much from you as you eat. They will naturally want to copy you, eat the same foods as you, use cutlery as you do. They will enjoy the social interaction and family time you spend eating together.

However, as the bulk of your child's energy needs are still being met by their milk intake, the actual quantity of food that they eat is not typically a cause for concern. It is important to follow your child's lead in terms of how much and what they want to eat, which helps them to develop the skill to recognise their own body's signals for feeling hungry and full.

Continuing your child's food journey

Zero pressure – the division of responsibility

Ellyn Satter first formalised the principles of the Division of Responsibility, recommending that it is the parent or care-giver's responsibility to provide:

- What is to be eaten – the food, the proportions, the options available
- When mealtimes take place – consistent mealtimes are recommended
- Where the meal takes place

She then advocates that your child is responsible for:

- What they eat, of the food that you have provided
- How much of the food they eat

The intention is to reduce mealtime-associated stress for both you and your child. Your child, feeling in control of their food choices, feels safer to explore without pressure. You, knowing your child is listening to their body, can relax and trust in their choices. By allowing your child to end their meal when they choose, your child is learning to listen to their body's signals relating to feelings of being full. This sets them up for a lifetime of healthy habits.

Food eating order is primarily a social construct - the order in which your child eats their food is of little to no importance, when you have provided the right quantities of food to create a balanced meal. Children can develop a habit of overeating if they have a sweet course served after they have eaten their fill of their savoury, so to get around this try serving all of the food at the same time. This also helps you to visualise the nutrition of the meal as a whole.

A common argument against this is that a child may fill up on their preferred foods and leave the less nutritious foods on their plate. You can counter this by making sure that the less nutrition-dense foods are served in smaller proportion, on a 'once there're gone, they're gone' basis.

Using this method of food presentation, children have frequently been observed to return to the more nutritious or savoury portion of their meal after satisfying their urge to taste their favourite items. It also equalises all foods on the plate, avoiding putting any food on a pedestal or making it seem more desirable than other foods.

Food groups, nutrition and variety

No one food contains all of the nutrition, vitamins and minerals our bodies need to stay healthy. It is important that we eat a wide range of food to balance what our bodies need with what we eat. 'Eat the rainbow' is good mantra for providing a healthy range of nutrients for your child. It also makes meals attractive and interesting.

Some foods, such as starches (potatoes, pasta, rice, grains), provide us primarily with energy, but fewer vitamins and minerals. Other foods, such as fruit and vegetables, are packed with the various nutrients that support brain function, healthy skin, hair growth and a strong immune system. Others such as dairy contain the levels of calcium that we need to support growing bones. Protein, found in foods such as eggs, meat, soy products, nuts and legumes (peas, beans and chickpeas) is essential for our children's bodies to grow, to develop muscle. Iron, found in meats and leafy vegetables such as spinach, is vital for our blood, heart and lung health.

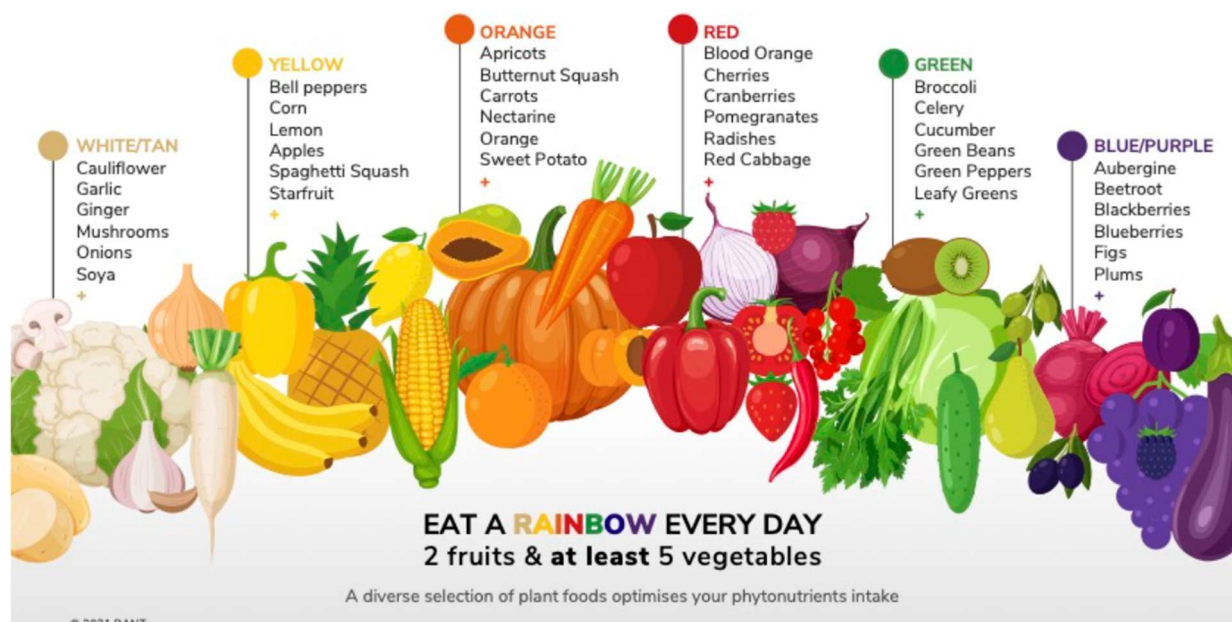


Image courtesy of <https://andreajoyceacupuncture.co.uk/eating-the-rainbow/>

What is a portion?

A portion varies from person to person, with each person's cupped hand being the size of one portion for them. Over the course of a day, your child should have:

- Five portions of fruit and vegetables
- Five portions of starchy foods such as rice, pasta or potatoes
- Three portions of dairy such as cheese, milk or yoghurt
- Two portions of protein such as meat, fish or pulses (lentils, beans, peas)

How to use this recipe book

These are the recipes that we are using for our current menu. They are designed to be adapted, varied, altered and changed to suit the preferences, weaning stages and allergy needs of the children in our care. Please do adapt them to suit your own family.

Quantities are not included in the vast majority of the recipes because we work to minimise food waste. Wherever possible we will use whole tins, cartons, fruits and vegetables. You may prefer to add more spice to some recipes (or less), or you may have Italian herbs in the cupboard rather than oregano. There is no right or wrong with these recipes. Use whatever you have to hand.

Many of these recipes support batch cooking, and can be portioned up and frozen for another time. The yamburgers and the courgette and sweetcorn fritters can be frozen as a mix, as patties/rounds before being cooked, or after being fried. Cook as much or as little of each recipe as you would like.

For allergen purposes, we sometimes specify a particular brand or item of food. This is a prompt for our own shopping lists. Feel free to use whatever is available, if you are not affected by the allergen.



Our summer menu recipes

Our allergen chart



Allergen overview

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Mains														
Beef and broccoli pasta	✓	Wheat												
Beef stroganoff	✓	Wheat					✓							
Beef tacos		Wheat												
Bolognese	✓	Wheat												
Cabbage and bacon pasta		Wheat												
Chorizo BBQ beans		Wheat, barley												
Courgette fritters		Wheat					✓*							
Fajitas		Wheat											✓*	
Fish and sweet potato fries		Wheat			✓		✓*		✓					
Fish rice bake					✓		✓*							
French toast		Wheat, barley		✓			✓						✓*	
Jacket potato (tuna mayo)				✓	✓				✓					
Jacket potato (cheese and beans)							✓							
Leek pasta	✓	Wheat												
Omelette				✓			✓							
Paella	✓		✓											
Pasta bean bake		Wheat												
Pitta pizza		Wheat					✓							
Quesadillas		Wheat					✓							✓
Quiche		Wheat		✓			✓							
Rainbow rice	✓													
Risotto (mushroom)	✓													
Risotto (ham and leek)	✓													
Spanish rice and beans	✓													✓
Stir fry		Wheat	✓	✓*									✓	
Yamburgers	✓	Wheat												
Sides														
Pasta		Wheat												
Seasonal salad														
Garlic bread		Wheat					✓*							
Vegetables, boiled														
Vegetables, roast/fry														
Snacks														
Ryvita		Rye												
Crackers		Wheat												
Pitta bread		Wheat												
Toast		Wheat, barley											✓*	
Rice cakes														
Malt loaf		Wheat, barley												
Fruit and yoghurt							✓							
Wraps		Wheat												
Sandwiches		Wheat											✓	
Houmous												✓		
Red pepper houmous												✓		

* indicates allergens that can be left out of the recipe, or avoided by buying certain brands

Courgette and sweetcorn fritters

Ingredients (red ingredients are allergens):

- Sweetcorn
- Courgette, grated
- Sea salt
- Sunflower oil
- Flour (wheat)
- Mashed potato (milk)
- Garlic
- Cumin
- Paprika
- Spring onions
- Carrot
- 1-2 teaspoons of Nutritional yeast flakes



Method

1. Prepare the courgette:
 - a. Grate the courgette into a bowl with a couple of teaspoons of sea salt. Mix well and leave for 15-20 minutes.
 - b. Remove the grated courgette from the bowl with your hands and squeeze out the excess juices over the sink. Otherwise, there will be too much moisture and the fritters will not get very crispy.
 - c. Alternatively, dehydrate them at a low temperature in the oven or air fryer for 30 minutes.
2. Heat a small amount of sunflower oil in a frying pan.
3. Add sweetcorn, drained grated courgette, grated carrot, chopped spring onions, flour, mashed potato, garlic, cumin, paprika and nutritional yeast to a bowl. Pour in a teaspoon of sunflower oil and mix well.
4. Scoop out the mix in mounds, roll into balls, then pat gently, flattening with your hands until about the thickness of your thumb. Place 4 at a time in frying pan keeping them 1-2 inches apart and fry for 2-3 minutes on each side, or until golden brown.
5. When the fritters are crispy, remove with spatula and place on plate lined with paper towels and blot the excess oil from top. The fritters will harden as they cool.

Serving suggestion – serve alongside fresh seasonal vegetables or salad, add chicken or slices of meat for additional protein.

Note – the salt added to the grated courgette will be absorbed by the juices that are squeezed out, and will not increase the salt content of the meal.

French toast

Ingredients (red ingredients are allergens)

- Wholewheat bread (cereal/wheat/gluten, soya)
- Eggs
- Milk
- Broccoli
- Sunflower oil or cooking spray



Method

1. Put the broccoli on to boil.
2. Allow 1 egg per child. Break the eggs into a shallow dish and whisk them with a fork. Add a splash of milk.
3. Dip each slice of bread one by one into the egg mixture, and straight into a hot pan with the oil or cooking spray.
4. Flip the bread after the egg has cooked on the bottom side and started to go golden brown.
5. Once the bread is all cooked and plated, add the remaining egg mixture to the same pan. Cook, stirring gently, to form fluffy scrambled egg. Add the cooked broccoli to the pan and stir gently to mix.
6. Serve.

Variations

Use spinach and chopped cherry tomatoes in place of broccoli.

Serve with

- Roasted root vegetables
- Side salad

Chorizo BBQ beans

Ingredients (**red** ingredients are allergens)

- Chorizo
- Red onion
- Cannellini beans
- Passata
- Pinch of ground cumin
- Pinch of smoked paprika
- 1 tbsp tomato ketchup
- Slice of sourdough bread (**wheat**, **barley**)
- Sunflower oil or cooking spray



Method

1. Chop and fry the chorizo in a splash of sunflower oil or cooking spray over a medium heat for a couple of minutes, then add the onion and fry for a further couple of minutes until soft.
2. Add the beans, passata, cumin, paprika and ketchup and simmer for about 5 minutes until the sauce is thick and sticky.
3. Meanwhile, lightly toast the bread.
4. Pour the BBQ beans and chorizo over the bread and serve.

Variations

Any kind of beans can be used, we enjoy a mix of kidney beans, black beans and cannellini beans.

Serve with

- Bubble and squeak (leftover mashed potato and cabbage, mixed together and fried into rounds)
- Side salad

Fish and sweet potato fries

Ingredients (red ingredients are allergens)

- Sweet potato
- Sunflower oil
- Peas
- Wholemeal breadcrumbs (cereal/wheat/gluten)
- 1 egg, beaten
- Skinless white fish fillets
Or (if avoiding egg)
- Young's Omega 3 fish in batter (fish, wheat, mustard – check for milk if using other brands)



Method

1. Chop the sweet potato into fries, shake in a little oil and spread on a baking tray
2. Dip each fish fillet in the beaten egg, then into the breadcrumbs to coat all over. Put on an oven tray.
3. Cook the fish in the oven or air fryer on a separate baking tray for 15 minutes, or according to the packet instructions if using the pre-made battered fish
4. Boil the peas in a pan for 10 minutes
5. Serve

Variations

Any fish can be used, we use the stated brand for allergen-control purposes.

Serve with

- Sweetcorn
- Broccoli
- Side salad

Paella

Ingredients (red ingredients are allergens)

- Paella rice
- Vegetable stock cube (celery)
- Prawns
- Chorizo
- Peas
- Sweetcorn
- Paprika
- Sunflower oil
- Onion
- Celery
- Red pepper
- Boiling water

Method

1. Heat the paella rice in sunflower oil in a large pan
2. Fry off the chopped onions and celery until softened.
3. Add the paprika, chorizo and red pepper, fry for two more minutes.
4. Add the vegetable stock cube, dissolved in one pint of boiling water, and the peas and sweetcorn. Simmer gently until most of the water has been absorbed.
5. Five minutes before the end, add the prawns. Stir until the water has been fully absorbed.
6. Serve.

Pitta Pizza

Ingredients (**red** ingredients are or contain allergens)

- Pitta bread (**cereals/wheat/gluten**)
- Tomato puree
- Mixed herbs
- Grated mature cheddar (**milk**)
- Chopped onion
- Chopped red pepper
- Sweetcorn

Method

1. Allow between half and one whole pitta bread per child.
2. Add a spiral of tomato puree to each pitta and spread evenly with the back of a spoon.
3. Sprinkle on some chopped onion, chopped red peppers and sweetcorn.
4. Cover with a sprinkling of grated mature cheddar cheese.
5. Cut into quarters. Place on a cooking tray. Cook in the air fryer for 5 minutes, swapping the trays as necessary to ensure an even colouring on all pizzas.

Variations

Top with your favourite toppings such as tuna, pineapple, ham or chopped chicken.

Fajitas

Ingredients (**red** ingredients are or contain allergens)

- Old El Paso Smoky BBQ fajita spice mix (**soya**)
- Small tortilla wraps (**wheat**)
- Chicken
- Red peppers
- Onions
- Sunflower oil
- Cucumber
- Avocado

Method

1. Cut the chicken into thin strips then marinade in a teaspoon of the spice mix for 30 minutes.
2. Chop and fry the onions and red peppers until softened, then add the chicken. Fry gently until cooked through.
3. Mash or slice the avocado and add to the tortilla wrap.
4. Lay the chicken, red peppers and onions down the centre of the wrap.
5. Chop the cucumber into strips and add that to the wrap, then fold each end up slightly to seal the wrap, and wrap both sides over the filling.
6. Cut the wrap in half to serve.

Notes

If soya needs to be avoided, a spice mix can be made from chilli powder, paprika, ground cumin, garlic, ground coriander and dried oregano.

Beef and broccoli pasta

Ingredients (red ingredients are allergens)

- Pasta (wheat)
- Onion
- Celery
- Minced beef
- Broccoli
- Passata
- Tomato puree
- Beef stock cube (celery)
- Sunflower oil or cooking spray

Method

1. Cook the pasta in a large pan of boiling water for around 12 minutes.
2. Fry finely chopped onion and celery in sunflower oil or cooking spray for about five minutes, stirring frequently, until softened.
3. Add beef mince. Stir frequently, breaking up the mince with a wooden spoon. Cook until meat is browned nicely.
4. Add finely chopped broccoli, passata, tomato purée and beef stock. Simmer for 10 minutes until the sauce is thick and reduced.
5. Stir sauce into pasta and serve immediately.

Pasta bean bake

Ingredients (red ingredients are allergens)

- Pasta (cereal/wheat/gluten, check for egg)
- Cannellini beans
- Baby spinach
- Cherry tomatoes
- Paprika
- Garlic puree
- Sunflower oil
- Boiling water



Method

1. Fry the garlic in the sunflower oil for a minute.
2. Add paprika and beans and give a good stir.
3. Add hot water and bring to the boil.
4. Stir in pasta, reduce the heat and cover with a lid, stirring frequently. Add more water if the pasta starts to stick.
5. In the last 2 minutes of the pasta's cooking time, add fresh spinach and cherry tomatoes. Stir.
6. Turn off the heat, serve and enjoy!

Serve with

This can be eaten on its own or served with additional vegetables such as broccoli, cauliflower, carrots or sweetcorn, or a side salad in summer.

Variations

Any beans can be used, we also enjoy mixed beans, kidney beans or black beans.

Omelette

Ingredients (red ingredients are allergens)

- Eggs
- Milk
- Red pepper, chopped
- Onion, chopped
- Sweet potato
- Cooking spray
- Cucumber (cut into batons)
- Carrot (cut into batons)
- Salad leaves
- Tomatoes



Method

1. Cut the sweet potato into fingers or wedges, spray with cooking spray and arrange on an oven tray. Air-fry for 20 minutes.
2. Meanwhile, break the eggs into a jug, add a splash of milk, and whisk thoroughly. Heat a pan with some cooking spray. When hot, pour in some of the egg mixture. Stir infrequently to make the omelette light and fluffy.
3. Once almost set, add in chopped peppers and onions. Continue to cook for 2 minutes. Using a wide spatula, flip half of the omelette over on top of the other half. Cook for 1 minute more, then serve.
4. Make the remaining omelettes, then serve with the sweet potato fries or wedges, salad leaves, tomatoes and carrot and cucumber batons.

Variations

- Omelette fillings – spinach and chopped cherry tomato, ham, cheese (milk), tuna (fish) and sweetcorn
- Replace the sweet potato with boiled new potatoes, pasta (cereal/wheat/gluten), or wholemeal toast (cereal/wheat/gluten).

Jacket potato

Ingredients (red ingredients are allergens)

- Medium sized potatoes
- Grated mature cheddar cheese (milk)
- Beans
- Tuna (fish)
- Sweetcorn
- Mayonnaise (egg, mustard)
- Tomatoes
- Salad leaves
- Cucumber



Method

1. Bake the potatoes in the air fryer for around 45-90 minutes, depending on the size of the potatoes, until soft throughout.
2. Chop the chives and mix with the sour cream. Put in a dish ready for serving.
3. Grate the cheese and put in a dish ready for serving.
4. Heat the beans gently and put in a dish ready for serving.
5. Put the sweetcorn in the microwave for 20-30 seconds to heat through.
6. Mix the tuna with the sweetcorn and mayonnaise and put it in a dish ready for serving.
7. When the potatoes are fully cooked, cut them in half and serve, letting the children choose their own toppings.

Variations

Mayonnaise and cheese can be left out, in order to avoid milk, egg and mustard allergens.

Notes

You can reduce cooking time by using smaller potatoes, or by putting the potatoes in a microwave for several minutes before finishing them off in the oven.

Stir fry

Ingredients (red ingredients are allergens)

- Amoy Medium Noodles (wheat, check for egg if other brands used)
- Beansprouts
- Water chestnuts
- Sweetcorn
- Carrots
- Peas
- Cabbage
- Onions
- Soy sauce (soya, wheat)
- Sunflower oil
- Cooked beef



Method

1. Boil the noodles in a pan for five minutes, turn off the heat.
2. Gently fry the onions and cabbage until softened.
3. Add the beansprouts, water chestnuts, sweetcorn, carrots and peas. Cook for 5 minutes.
4. Add the sliced cooked beef, a few drops of soy sauce, and the noodles, Cook for a further 5 minutes then serve.

Rainbow rice

Ingredients (red ingredients are allergens)

- Rice
- Vegetable stock cube (celery)
- Sweetcorn
- Peas
- Carrots
- Red peppers
- Courgette
- Onion
- Celery



Method

1. Boil the rice in 500ml of vegetable stock for 18 minutes.
2. Meanwhile, gently fry the onions, celery, courgette, carrots and red pepper until softened.
3. Add the sweetcorn, peas and boiled rice to the pan.
4. Cook for a further 5 minutes then serve.

Quiche

Ingredients (**red** ingredients are allergens)

- Quiche Lorraine (**cereal/wheat/gluten**, **egg**, **milk**)
- Salad leaves
- Spring onions
- Tomatoes
- Sweetcorn
- Cucumber



Method

1. Put the quiche in the air fryer to heat through for 10 minutes.
2. Create a side salad with the salad leaves, chopped spring onions, tomatoes, sweetcorn and cucumber.
3. Serve and enjoy!

Variations

Types of quiche – cheese and onion, salmon and broccoli, other varieties (check for **allergens**)

Carbohydrates – Serve with pasta (**cereal/wheat/gluten**, check for **egg**), rice, cous-cous (**cereal/wheat/gluten**, check for **egg**) or quinoa

Risotto (mushroom)

Ingredients (red ingredients are allergens)

- Risotto rice
- Mushrooms
- Onions
- Vegetable stock cube (celery)
- Spring onion
- Water
- Sunflower oil
- Garlic
- Italian herbs
- Salad leaves
- Cherry tomatoes
- Cucumber

Method

1. Fry the chopped onions in a little sunflower oil until softened.
2. Add the rice, mushrooms and spring onions, continue to fry for 2-3 minutes.
3. Add some of the water, stirring, until it is absorbed.
4. Add the remainder of the water, the garlic and Italian herbs. Simmer and stir until cooked (about 20 minutes).
5. Serve with a side salad of salad leaves, chopped cherry tomatoes and cucumbers.

Risotto (ham and leek)

Ingredients (red ingredients are allergens)

- Leek, sliced
- Risotto rice
- Chicken stock cube (celery)
- Boiling water
- Shredded ham hock
- Sunflower oil
- Salad leaves
- Cherry tomatoes
- Cucumber

Method

1. Pan-fry the leek in a splash of olive oil over a medium heat.
2. Once softened, stir in the risotto rice.
3. Next, crumble in the stock cube and add 100ml of the boiling water, then stir continuously as the rice starts to plump up.
4. Gradually add more water little by little, continuing to stir, and after about 15 minutes the rice should be cooked but still firm.
5. Remove from the heat, stir in the ham and serve.

Yamburgers

Ingredients

- 2 medium sweet potatoes, baked
- 8 oz red lentils, rinsed
- carrot
- onion
- celery
- 1 tbsp chia seeds
- 3 tbsp water
- 2 -3 slices whole grain bread, broken into small pieces (wheat)
- Sunflower oil
- Salad leaves
- Tomatoes
- Cucumber
- Sweetcorn

Method

1. Bake 2 medium sweet potatoes until fully cooked.
2. Meanwhile, mix the chia seeds in the water and leave to stand for 15 minutes, until it is a thick egg-white consistency.
3. Fry the finely chopped carrot, onion and celery until softened (5-10 minutes)
4. Gently simmer lentils until cooked, about 8 minutes. Drain.
5. Peel and mash cooked sweet potatoes. Add the chia seeds and mix. Put in drained lentil mixture, vegetables and bread pieces, and mix well.
6. Heat oil in a large frying pan over medium heat. With your hands, make patties or rounds from the mixture and cook until browned, a few minutes on each side.
7. Serve with the salad leaves, tomatoes, cucumber and sweetcorn.

Variations

- Can add other veg such as frozen spinach, sweetcorn etc.
- Can replace the chia seeds with one beaten egg

Beef tacos in a bowl

Ingredients (red ingredients are allergens)

- red onion
- lean minced beef
- Garlic
- spring onion
- lime juice
- Sunflower oil
- Olive oil
- Small tortillas (flour)
- Salad leaves
- cherry tomatoes
- avocado

Method

1. Thinly slice the red onion and gently fry until softened.
2. Heat sunflower oil in a large frying pan. Fry the beef, using the back of a wooden spoon to break it up, for 5 minutes. Stir in garlic and continue cooking for 6-7 minutes, until no pink remains in the beef, and there are crispy bits.
3. For the dressing, mix the chopped spring onion, lime juice and a small drizzle of olive oil.
4. Slice the tortillas into strips, and fry until golden and crisp.
5. Serve the salad leaves with the beef, tomatoes, sliced avocado, fried onions and fried tortillas strips. Drizzle with the dressing.

Quesadillas

Ingredients (red ingredients are allergens)

- Sunflower oil
- Spring onions
- Tin of mixed beans
- Flour tortillas (wheat)
- Cheddar cheese (milk)
- Sour cream (milk)
- Lime juice (sulphites)

Method

1. Heat the oven to 120C/100C Fan/Gas ½.
2. Heat oil in a frying pan over a medium heat. Add the spring onions and cook for 2 minutes, until beginning to soften. Add the beans and stir. Using a potato masher or fork, crush the beans to a rough purée. Transfer the beans to a bowl and wipe out the pan.
3. Add a few drops of oil to the pan over a low heat and gently wipe with a piece of kitchen paper. Put one tortilla in the pan and top with an even layer of grated cheese. Spoon over half the bean mixture and top with another even layer of cheese (the cheese acts as glue). Place a tortilla on top of the cheese, then press down with a spatula and cook for 3–4 minutes, or until the underside is golden. Flip over the quesadilla and cook for a further 3–4 minutes.
4. Place on a baking tray and transfer to the oven to keep warm. Repeat step three with the remaining ingredients.
5. Mix the sour cream and lime juice together in a bowl. Cut the quesadillas into quarters and drizzle over the lime sour cream, and serve.

Bolognese

Ingredients (red ingredients are allergens)

- Mince (if meat substitute check for egg, cereal/barley/gluten)
- Red lentils
- Sweetcorn
- Peas
- Grated carrot
- Onion
- Celery
- Tin of chopped tomatoes
- Pasta (cereal/wheat/gluten)
- Garlic bread (cereal/wheat/gluten, check for milk)
- Salad leaves
- Cherry tomatoes
- Cucumber

Method

1. Bring the red lentils to the boil for 6-7 minutes. Drain thoroughly.
2. Fry off the onion, celery and mince until softened and starting to brown.
3. Add the prepared red lentils, peas, sweetcorn, grated carrot and chopped tomatoes.
4. Put the lid on and gently simmer for 15 minutes or until the meat is cooked through.
5. Meanwhile, boil the pasta for 12 minutes.
6. Prepare the side salad of salad leaves, chopped cucumber and chopped cherry tomatoes.

Spanish rice and beans

Ingredients (red ingredients are allergens)

- Cauliflower
- 1 pinch chili powder
- 1 generous teaspoon smoked paprika
- 1 generous teaspoon ground cumin
- 1 level teaspoon dried oregano
- Sunflower oil
- Onion
- Vegetable stock cube (celery), dissolved in boiling water
- Cooked rice
- Lime juice (sulphites)
- 1 tin black beans, drained and rinsed
- Sweetcorn
- Avocado

Method

1. Boil the cauliflower, then finely chop it into small grain-sized pieces.
2. Whisk chili powder, paprika, cumin and oregano together in a small dish.
3. Heat the sunflower oil in a large frying pan over medium heat. Add onion and fry for 1-2 minutes, or until translucent. Add minced cauliflower and fry for 3 minutes more. Reduce the heat to medium-low, stir in the vegetable stock, cover tightly and cook 3 minutes. If any liquid remains, remove lid and fry until residual liquid boils off.
4. Push cauliflower to one side of the frying pan and add a drop more oil. Add the cooked rice, and stir-fry the rice and cauliflower together for 2 minutes.
5. Add the spice blend, lime juice, sweetcorn and black beans and stirfry for 2 minutes.
6. Divide among bowls and top with avocado slices, to serve.

Leek pasta

Ingredients (red ingredients are allergens)

- Pasta (cereal/wheat/gluten, check for egg)
- Leek
- Chicken, cooked
- Onion
- Cooking spray
- Celery
- Salad leaves
- Cherry tomatoes
- Sweetcorn

Method

1. Put the pasta on to boil. Meanwhile, dice the chicken and chop the onion, celery and leek.
2. Fry off the onion, celery and leek in the cooking spray until softened and starting to brown.
3. Once the pasta is cooked, add the cooked vegetables and diced cooked chicken and heat through thoroughly. Stir gently to mix.
4. Serve with salad leaves, chopped cherry tomatoes and sweetcorn.

Variations

Finely dice some chestnut mushrooms and add them to the pan with the leeks. Replace the chicken with ham for a classic combination with the leeks.

Beef and Mushroom Stroganoff

Ingredients (red ingredients are allergens)

- onion
- mushrooms
- minced beef
- garlic
- 1 tsp paprika
- beef stock cube (celery)
- 300ml boiling water
- pasta (wheat)
- single cream (milk)
- spinach
- sunflower oil



Method

1. Gently fry the onion and mushrooms with a splash of sunflower oil until softened.
2. Add the minced beef and fry for about 5 minutes until it starts to brown.
3. Add the garlic and paprika.
4. Dissolve the stock cube in the boiling water and add to the pan.
5. Bring to the boil, add the pasta and simmer until the pasta is cooked and the sauce has reduced (around 12-15 minutes).
6. When the pasta is cooked, remove from the heat and stir in the cream and spinach.
7. Season to taste, and once the spinach has wilted, you are ready to serve.

Variations

We love this with tagliatelle pasta, but any pasta will work. You can also use rice, cous-cous or quinoa instead, if you prefer.

Cabbage and bacon pasta

Ingredients (**red** ingredients are allergens)

- Pasta (**cereal/wheat/gluten**)
- Bacon, roughly chopped
- Garlic
- Cabbage, chopped
- Sunflower oil



Method

1. Boil the pasta for 12 minutes.
2. Meanwhile, gently pan-fry the bacon in a drop of oil over a medium heat. When the bacon starts to colour, throw in the garlic and cabbage.
3. Remove the pan from the heat, drain the cooked pasta and add it to the pan, then mix everything together to create your cabbage and bacon pasta.

Fish rice bake

Ingredients (red ingredients are allergens)

- Rice
- Sardines (fish)
- Chopped onion
- Peas
- Sweetcorn
- Grated carrot
- Broccoli
- Cauliflower
- Tin of chopped tomatoes
- Sunflower oil
- Salad leaves
- Cherry tomatoes
- Cucumber
- Grated cheese (milk)

Method

1. Put the rice on to boil.
2. Put the broccoli and cauliflower on to boil.
3. Remove the bones from the sardines by splitting them down the centre, vertically and lifting them out with a blunt knife.
4. Fry the sardines, chopped onion, grated carrot, peas and sweetcorn until softened and starting to colour.
5. Once the rice, cauliflower and broccoli are cooked, mix the fried vegetables, rice, cauliflower, broccoli and chopped tomatoes all together in a large bowl.
6. Transfer to an oven dish. Top with cheese (omit cheese for milk allergies). Bake for 5 minutes to crisp up the top.
7. Serve with salad leaves, chopped cherry tomatoes and cucumber.

Further information and links

Recipe concepts and ideas have been adapted from a variety of sources, including:

The following books by Miguel Barclay:

- One Pound Meals <https://www.amazon.co.uk/One-Pound-Meals-Delicious-Food/dp/147224561X>
- Super Easy One Pound Meals <https://www.amazon.co.uk/Miguel-Barclays-Super-Pound-Meals/dp/1472254392>
- Fast & Fresh One Pound Meals <https://www.amazon.co.uk/Miguel-Barclays-FRESH-Pound-Meals/dp/1472245636>
- Vegan One Pound Meals <https://www.amazon.co.uk/Vegan-One-Pound-Meals-budget-friendly-ebook/dp/B07JZJMM5>

Many of his recipes are also available on his own website: <https://www.miguelbarclay.com/>, the BBC website: https://www.bbc.co.uk/food/chefs/miguel_barclay and on his youtube channel https://www.youtube.com/channel/UCXsD_ap_LoLfVFUMYMFwyJQ.

Hugh Fearnley-Whittingstall's Meat Book: <https://www.amazon.co.uk/River-Cottage-Meat-Book/dp/0340826355>

The BBC Good Food website: <https://www.bbcgoodfood.com/>

Allergic Living website: <https://www.allergicliving.com/recipes/>

Allergy Awesomeness website: <https://allergyawesomeness.com/category/dinner-recipes/>