



Pilchard fish cakes



Ingredients

425g	pilchards in tomato sauce, 1 tin
¼	onion, finely chopped
100ml	flour, cake
2ml	baking powder
pinch	salt, two finger pinch
1	egg

Method

- Preheat the oven to 180°C.
- Brush a baking sheet with oil.
- Mash the fish, including the bone, with a fork, mash bones well
- Mix all ingredients.
- Shape into small fish cakes. Place on baking sheet.
- Bake until done, about 20 minutes.



Vegetable briyani



Ingredients

1	small brinjal	2	cups water
2ml	salt	25ml	oil
125ml	rice	1	leek, sliced
60ml	lentils	½	onion, chopped
pinch	salt, two finger pinch	1ml	masala
2ml	turmeric	2	tomatoes, chopped
2ml	coriander	5	baby marrows, sliced
1ml	cumin	5ml	sugar

Method

- Preheat oven to 160°C.
- Brush a baking dish (with a lid) lightly with oil.
- Wash the brinjal, cut it into cubes. Sprinkle with salt.
- Put a weight on the brinjal pieces and leave for 1 hour. Rinse and shake dry.
- Put rice, lentils, salt, turmeric, coriander, cumin and water in a saucepan.
- Bring to the boil, cover, lower the heat and cook gently for about 50 minutes.
- Drain any excess liquid. Fluff with a fork.
- Heat oil in a pan. Sauté the leeks, onions and masala.
- When softened, add the brinjal, tomatoes and marrows.
- Cook for about 10 minutes, stirring occasionally.
- Remove from the stove. Add sugar
- Create layers of one third of rice and half the vegetable. Repeat and top with the last third of the rice.
- Bake covered for 30 minutes



Coleslaw of many colours



Ingredients

- ¼ cabbage, red, grated
- ¼ cabbage, green, grated
- spinach or baby spinach, shredded
- 3 carrots, grated
- 125ml yoghurt, plain
- 10ml sugar

Method

- Prepare the vegetables and mix together.
- Mix the yoghurt and sugar.
- Pour this dressing over the vegetables and mix.
- Make this salad a few hours before serving and stand in the fridge. Serve chilled.



Sweet potato with apple



Ingredients

- 3 sweet potatoes, peeled, cubed
- 2ml salt
- 2 apples, sweet, peeled, cubed
- 10ml margarine, tub

Method

- Peel and wash the sweet potatoes as near to cooking time as possible.
- Place in boiling, salted water, just enough to cover.
- Cook covered with a lid for 25 minutes or until just tender.
- Add apples and boil for a further 5 minutes.
- Drain off the water
- Add margarine and mash everything together. Do not mash very smooth unless used for babies of 6 or 7 months old.



Baked butternut pie



Ingredients

1	medium butternut, peeled, cubed
20ml	oil
1	onion, chopped
1	green pepper, chopped
	garlic
1 cup	cut corn, frozen, defrosted
2ml	cumin
1ml	coriander
pinch	salt, two finger pinch
3	eggs
50ml	grated cheese

Method

- Heat oven to 180°C.
- Brush a pie dish with oil.
- Cook butternut in a little water. Drain and mash slightly.
- Cook onion, peppers and garlic in oil until light brown.
- Add butternut and cut corn to onion mix.
- Add seasoning.
- Beat eggs and stir cheese in.
- Stir vegetable and egg mixtures and pour into the baking dish.
- Bake for 35 minutes, or until set and browned.



Butternut soup with split peas



Ingredients

50g	peas, split, green
5ml	oil
1	medium onion
2ml	curry powder
pinch	ground ginger
3	butternuts, medium, peeled, cubed
1	potato, peeled, cubed
1	apple, peeled, cubed
5ml	chicken stock paste, low sodium
	water, as needed.

Method

- Simmer split peas until nearly tender, about 20 minutes. Drain.
- Heat the oil and cook the onions until they are golden brown
- Add the spices and cook for two minutes, stirring all the time.
- Add butternut, potato, apples, salt and chicken stock.
- Add just enough water only to cover.
- Add half-cooked peas.
- Bring to the boil, then reduce heat and simmer for 25 minutes. Remove from the heat and strain. Reserve the liquid.
- Mash the vegetables with a potato masher.
- Return the reserved liquid to pot and add additional boiling water up to the desired volume.



Seasoned lentil stew

Ingredients

25ml	oil
1	onion, chopped
1	green pepper, chopped
3	carrots, grated
3ml	curry
2ml	turmeric
150g	lentils, brown
1 ½ cups	water
5ml	sugar
75ml	tomato puree

Sauce

12.5ml	peanut butter
12.5ml	yoghurt, plain

Method

- Preheat oven to 180°C.
- Heat oil and sauté onion, green pepper, and carrots until softened.
- Add curry and turmeric and stir over low heat for a few minutes.
- Add lentils, water, salt, sugar and tomato puree.
- Mix well and spoon into a large baking dish.
- Cover and bake for 1 hour, stirring twice.
- Alternatively simmer gently on the stove, or cook in a hay box
- For the sauce, mix the peanut butter and yoghurt together.
- To serve, spoon lentil curry onto rice and spoon sauce on the side.

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Chicken liver for kids

Ingredients

½	onion, medium, sliced thinly
410g	tomato and onion mix
10ml	sugar
10ml	vinegar
50ml	tomato puree
500g	liver, chicken

Method

- Heat oil in pan. Add onions and brown.
- Add tomato-and-onion mix.
- Add sugar, vinegar and tomato puree.
- Simmer the mixture simmer for 5 minutes.
- Add chicken livers and simmer for 5-10minutes.
- Do not simmer for too long otherwise it will dry out.

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