

Vegetarian recipes and tips



Recipes for success

Tried-and-tested, nutritionally analysed recipes to help you offer a popular menu, and tips to meet the national standards for school food.

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Why has this booklet been developed?

Approximately 2% of the population in England (including adults and children) follow a vegetarian diet and a further 1% are vegan.¹ This equates to approximately 164,000 vegetarian pupils in England.²

It's important to develop varied and nutrient-dense vegetarian recipes to ensure that vegetarian menus meet the nutritional requirements of pupils.³

Cooks have told us they would like more recipe ideas to help them meet this standard whilst providing pupils with a varied and popular menu.

This booklet offers practical tips on how schools can offer a varied and appealing selection of nutrient-dense vegetarian dishes on their menus, along with 10 tried-and-tested, popular vegetarian recipes.

The standards for school food

The standards for school food state that for vegetarians, a portion of non-dairy protein should be provided on three or more days each week at lunchtime.⁴

Why have a standard for vegetarians?



Vegetarian children don't eat meat, fish or animal by-products (such as rennet and gelatine), but they have the same nutritional requirements as other children, so it is important they eat a balanced diet which offers them all the energy and nutrients they need.

When providing vegetarian options it is important to include a variety of different vegetarian protein sources, so children eating these dishes have an interesting and varied diet. This helps to provide the protein and balance of other nutrients they need.

How to meet the food-based standards for vegetarians

The standards⁴ require schools to provide a portion of non-dairy protein on three or more days each week at lunchtime. These could include:

- pulses (e.g. mixed bean chilli, chickpea and vegetable curry, daal, bean and lentil soup)
- eggs (e.g. in omelettes, quiches, frittata)
- nuts and seeds* (e.g. nut cutlets, peanut butter in bagels and sandwiches, nuts and seeds in stir fries, seeded bread)
- meat alternatives, such as soya mince, mycoprotein such as Quorn™ and tofu (e.g. in Bolognese, chilli, curry, lasagne)

This food-based standard has been introduced to increase variety and choice for children following a vegetarian diet, and ensure they are provided with adequate amounts of protein, iron, zinc and dietary fibre according to current nutritional recommendations.⁵

To ensure that vegetarian children have a variety of different protein sources across the week, as a guide, use pulses twice a week, soya, tofu or mycoprotein such as Quorn™ once or twice a week, and eggs and cheese-based dishes once or twice each week.⁶

Cheese can be used as a vegetarian protein source, but because cheese does not provide as much iron and can be higher in fat, saturated fat and salt compared with the foods listed above, it's good practice to limit cheese-based dishes to once or twice per week.⁶

Remember to ensure that all foods included in vegetarian recipes are suitable for vegetarians – for example, cheese must be made without rennet, and pastry must have been made using vegetable fats (not lard).



Why pupils might choose a vegetarian diet

Vegetarians do not eat meat or meat products – such as lard or stock, rennet or gelatine – and may not eat fish. Vegetarian diets can be divided into three main types:

1. **Lacto-ovo vegetarians eat both dairy products and eggs.** This is the most common type of vegetarian diet.
2. **Lacto-vegetarians** eat dairy products but not eggs.
3. **Vegans** do not eat dairy products, eggs, or any other animal product, including honey. If pupils in your school are following a vegan diet, contact the Vegan Society⁷ for more information and guidance. You may need to ask families to provide advice on which foods on the menu their child can eat.

Many religious and cultural groups restrict different animal products from their diet or will only eat meat if it has been produced in a specific way. This means that in a lot of cases pupils following different religious and cultural diets will choose the vegetarian options from the school lunch menu.

Food customs of different religious and cultural groups

Some examples of different religious and cultural diets, and the types of animal products, in addition to meat, that may be restricted with them include:

Food	Jewish	Hindu†	Sikh†	Muslim	Buddhist	Rastafarian‡
Eggs	No blood spots	It varies	It varies	Yes	It varies	It varies
Milk/ yoghurt	Not with meat	Yes	Yes	Yes	Yes	It varies
Cheese	Not with meat	It varies	It varies	It varies	Yes	It varies
Butter/ ghee	Kosher only	It varies	It varies	It varies	No	It varies
Lard	No	No	No	No	No	No

Source: Caroline Walker Trust (2006) Eating well for under 5s in child care.

† Strict Hindus and Sikhs will not eat eggs, meat, fish and some animal fats.

‡ Some Rastafarians are vegan.

'It varies' means that some people within a religious group would find these foods acceptable.

*Be allergy aware – information about food allergies and developing an allergy plan is available from www.allergyuk.org

The importance of iron and zinc in vegetarian meals

To ensure that pupils choosing the vegetarian options from the school lunch menu have sufficient iron and zinc in their diet, include good sources of these nutrients across your menu. Use the table below as a guide for ingredients rich in these minerals.

Food groups	Iron	Zinc
Starchy foods	Wholemeal bread Fortified breakfast cereals	Wholegrain and wheatgerm breads Plain popcorn
Fruit and vegetables	Pulses, e.g. chickpeas, lentils, beans (not green beans) Dried apricots Raisins	
Meat, fish, eggs, beans and non-dairy sources of protein	Soya beans Pulses, e.g. chickpeas, lentils, beans (not green beans)	Mycoprotein such as Quorn™. Peanuts/ground nuts/almonds* Sesame seeds*
Milk and dairy foods		Cheese suitable for vegetarians

Iron from plant sources is less well absorbed than iron from meat and fish, but there are many good vegetarian sources, including peas, beans, lentils, nuts*, soya products, wholegrain cereal foods, dried fruit, green leafy vegetables and fortified breakfast cereals.

Vitamin C helps increase the amount of iron that can be absorbed from vegetables and cereals, so it is important to provide vegetables and/or fruit high in vitamin C, such as green leafy vegetables and citrus fruits, alongside dishes containing iron-rich foods to help to increase the absorption of this mineral.

Using nuts in schools

Nut allergies are the most common food allergy in adults and children.⁸ For this reason many schools choose not to provide nuts in schools and have policies preventing them being brought onto school premises if they feel that this is in the interest of their school community. It is important that pupils learn how to avoid food they are allergic to, and manage situations where they may be at risk of coming into contact with their allergen (for instance, by bringing their own food to picnics or parties) for the rest of their lives.

Nut bans may not always be the most appropriate approach, though. An alternative solution is to create awareness across the whole school on how to manage the risk of allergic reactions to nuts.⁹

Nuts and seeds are good sources of energy, fibre, protein, vitamins and minerals and essential fatty acids. They are therefore a good choice to include in a menu for vegetarian pupils and are a healthy alternative to snacks such as crisps and chocolate, which must not be provided by schools.



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Non-dairy sources of protein

Pulses



Chickpeas, black-eyed beans, kidney beans and soya beans provide folate, are high in protein and fibre and low in fat and saturated fat. Try using these as an alternative to meat in curries, stews and casseroles. You can also blend them into pastes and dips like houmous to use as sandwich fillings and as snacks alongside raw fresh vegetables.

Eggs



Offer eggs at your breakfast club. Eggs are also a popular sandwich filling and can be offered at salad bars or used to make vegetable frittata and quiche.¹⁰

Soya-bean products



Products made from soya beans include soya mince and tofu. Use soya mince as a vegetarian alternative in Bolognese, lasagne and chilli. Tofu is used in lots of Asian dishes, such as tofu pad Thai or Thai green curry.

Mycoprotein and textured vegetable protein



Mycoprotein (such as Quorn™) is low in energy, fat and iron but is a good source of zinc, so it is important to include this alongside other non-dairy sources of protein to ensure a balance of nutrients is provided. It's a popular alternative to meat in a variety of dishes including Quorn™ pasta salad¹¹, Quorn™ and broccoli stir fry¹² and as a roast.

Nuts and seeds



Add nuts[†] and seeds, such as peanuts and sesame seeds, to stir fries and other Chinese dishes. Hazelnuts and walnuts can also be added to desserts and salads for a crunchy texture. Use nut butters spread on toast as a snack at the mid-morning break.

[†]Be allergy aware – information about food allergies and developing an allergy plan is available from www.allergyuk.org

Tips – Increasing the nutrient content of your vegetarian school lunches

Remember:

The standards require schools to provide a portion of protein from a non-dairy source to vegetarian pupils on three or more days each week.⁴

Soups

- Try Tomato and lentil soup¹³ or add beans to Winter vegetable soup¹⁴ and serve with a granary bread roll and fortified low-fat spread.

Main meals/composite dishes

- Use chickpeas and lentils to make vegetarian curries such as Chickpea daal¹² and Chickpea and green lentil curry.¹⁵
- Use a variety of beans to make a Bean burger¹³ served in a bread roll with salad.
- Make a nut or lentil roast¹⁵ as an alternative on roast-dinner day.

Grab-and-gos

- Marinate mycoprotein such as Quorn™ or tofu and use in stir fries with noodles.
- Serve vegetable chilli made with soya mince and kidney beans alongside a jacket potato.
- Use lentils in tomato sauces to serve with pasta or on pizza bases.

Salad bar

- Make a colourful mixed-bean salad using chickpeas, soya beans, kidney beans and green lentils. See the Mixed bean salad for a tried-and-tested recipe.¹³
- Serve sliced eggs or Quorn™ as the protein alternative on salad bars.

Tips box

- ✓ Put nutrient-dense vegetarian options on the menu more often by substituting some of your current vegetarian dishes for tried-and-tested recipes that are higher in nutrients such as iron and zinc.
- ✓ Modify existing recipes to increase their iron and zinc content by adding good sources of these nutrients.
- ✓ Provide a variety of non-dairy protein sources for vegetarian pupils each week.



Tips – Increasing the nutrient content of vegetarian food at other times of the school day

Remember:

The iron from plant sources is not as easily absorbed by the body as from animal sources, so it's important to encourage pupils following vegetarian diets to have iron-rich, non-dairy sources of protein throughout the day as well as at lunch time.

Breakfast clubs

- Offer scrambled or boiled eggs with an English muffin
- Provide baked beans on wholegrain toast; remember to choose baked beans with reduced-sugar and salt content
- Offer fortified breakfast cereals layered with fruit and yoghurt.¹⁰

Mid-morning break

- Serve houmous and other bean spreads with raw fresh vegetable sticks or wholemeal pitta breads
- Provide nut butters¹ on wholemeal toast
- Add pulses to soups and serve with a granary bread roll

- Serve combinations of nuts* and seeds without added fat, salt or sugar
- Provide bags of fresh or dried fruit for pupils to eat on the go.

After-school clubs

- Offer sandwiches filled with egg or houmous and salad
- Try providing Mexican bean wraps¹⁰
- Add a rainbow of coloured vegetables to omelettes or quiche and serve with salad and bread rolls
- Add pulses or mycoprotein such as Quorn™ to pasta salads
- Serve malt loaf, toasted teacakes or bagels for bread-based snacks.



Recipes

The Children's Food Trust surveys^{16 17} of food provision in primary and secondary schools in England show that vegetarian dishes include: chickpea and spinach masala curry, spicy bean hotpot, vegetarian sausages, bean and lentil burgers.

Here are 10 other vegetarian, tried-and-tested recipes for you to try.

1. BBQ bean burger
2. Chinese style Quorn™ stir fry
3. Quorn™ fillet with piri piri
4. Quorn™ and lentil moussaka
5. Roasted butternut squash frittata
6. Roasted vegetable and pesto quiche
7. Tomato and bean soup
8. Three-bean chilli
9. Vegetarian burritos
10. Vegetarian wholemeal pasta bake

Note: These recipes have been nutritionally analysed and each contains at least 50% of the nutrient-based standards highlighted.

These recipes use pulses canned without added salt or sugar.

Allergen information is provided for each recipe, listing which of the 14 allergens covered by EU and UK legislation is included within the main ingredients list for the recipe. Presence of allergens can vary by brand – always check product information, and make pupils and parents aware of the allergen information.¹⁸

¹Be allergy aware – information about food allergies and developing an allergy plan is available from www.allergyuk.org

Type: Main

BBQ bean burger



Prep: 10min
Cook: 30min

This makes:
10 primary servings (85g)
8 secondary servings (110g)

Ingredients

- 15ml (1 tbsp) sunflower oil
- 100g red onions, peeled and sliced
- 8g (2 cloves) garlic, chopped
- 500g canned red kidney beans, drained (300g drained weight)
- 500g canned chickpeas, drained (300g drained weight)
- 100g wholemeal breadcrumbs
- 15g fresh flat-leaf parsley, chopped
- 30g BBQ sauce (choose lower-salt variety)

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Heat the oil in a large pan. Add the onions and garlic and cook for 4–5 minutes until softened.
- Remove from the heat, stir in the beans and chickpeas and then crush them coarsely with a fork or potato masher.
- Add the wholemeal breadcrumbs, parsley and BBQ sauce to the bean mixture and bind together.
- Divide the mixture into 10 even patties and bake in the oven for 15–20 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 85g	Secondary serving: 110g
Energy kcals	126	109	136
Fat g	3.3	2.8	3.5
Saturates g	0.4	0.4	0.4
Carbohydrate g	18.9	16.3	20.3
NME sugars g	0	0	0
Fibre g	4.5	3.9	4.8
Protein g	6.2	5.4	6.7
Iron mg	1.7	1.4	1.8
Calcium mg	58	50	63
Vitamin A µg	2	2	2
Folate µg	19	16	19
Vitamin C mg	4	3	4
Sodium mg	308	266	332
Zinc mg	0.7	0.6	0.8

Allergens: milk, sulphites, wheat (gluten)

Top Tip:
spice it up with a little chilli or paprika powder or add chopped fresh coriander

Serving Suggestion:
in a wholegrain bread roll with sweetcorn

High in:
protein and fibre

Type: Grab and Go

Prep: 15min
Cook: 30min

This makes:
10 primary servings (225g)
6 secondary servings (375g)

Ingredients

- 15ml (1 tbsp) sunflower oil
- 100g onions, peeled and diced
- 8g (2 cloves) garlic, chopped
- 500g dried egg noodles
- 600g Quorn™ strips
- 150g carrots, sliced
- 150g green peppers, deseeded and diced
- 430g canned pineapple chunks in juice, juice drained and reserved (250g drained weight)
- 5g ground ginger
- 15g soft light brown sugar
- 15ml malt vinegar
- 400g canned chopped tomatoes
- 15ml reduced-salt soy sauce
- 25g cornflour

Chinese-style Quorn™ stir fry



Method

- Heat the oil in a large pan. Add the onions and garlic and cook for 3–4 minutes.
- Cook the noodles according to the packet instructions.
- Add the Quorn™ to the onion and garlic and fry for 3–4 minutes until golden.
- Add the carrots and peppers and cook for a further 5 minutes, stirring regularly.
- Make up the reserved pineapple juice to 200ml with water.
- Add the ginger, brown sugar, vinegar, tomatoes, soy sauce, pineapple chunks and juice and water to the Quorn™ and vegetable mixture in the pan. Combine well and simmer until the vegetables are tender.
- Blend the cornflour with a little water and add to the sauce, stirring to thicken.
- Combine the noodles with the sauce and serve.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 225g	Secondary serving: 375g
Energy kcals	68	150	251
Fat g	1.4	3.0	5.0
Saturates g	0.2	0.4	0.7
Carbohydrate g	9.1	20.5	34.1
NME sugars g	1.6	3.5	5.9
Fibre g	1.6	3.5	5.8
Protein g	4.7	10.4	17.4
Iron mg	0.5	1.1	1.9
Calcium mg	61	135	256
Vitamin A µg	132	293	489
Folate µg	22	20	34
Vitamin C mg	9	27	45
Sodium mg	134	299	498
Zinc mg	2.4	5.5	9.1

Allergens: barley (gluten), egg, soya, wheat (gluten)

Top Tip:
add Chinese 5-spice for extra flavour

Serving Suggestion:
sprinkle with spring onions and serve in a noodle box

High in:
calcium, vitamins A and C and zinc

Type: Main

Prep: 15min
Cook: 40min

This makes:
10 primary servings (130g)
6 secondary servings (215g)

Quorn™ fillet with piri piri



Ingredients

- 15ml (1 tbsp) sunflower oil
- 100g red onions, peeled and sliced
- 8g (2 cloves) garlic, chopped
- 150g tomatoes, diced
- 400g canned black-eyed beans, drained (260g drained weight)
- 30g (1½ tbsp) tomato purée
- 100g mushrooms, washed and sliced
- 250ml water
- 400g Quorn™ fillets
- 5g piri piri seasoning
- 150g low-fat natural yoghurt

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Heat the oil in a large pan. Add the onions and garlic and cook for 4–5 minutes until softened.
- Add the tomatoes, beans, tomato purée, mushrooms and water. Simmer for 15–20 minutes.
- In the meantime, coat the Quorn™ in the piri piri seasoning and seal in a hot pan.
- Place the Quorn™ in an ovenproof dish and cover with the bean and tomato mixture. Bake in the oven for 20 minutes.
- Serve with low-fat natural yoghurt.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 130g	Secondary serving: 215g
Energy kcals	77	99	164
Fat g	0.9	1.2	2.0
Saturates g	0.3	0.4	0.6
Carbohydrate g	10.4	13.3	22.2
NME sugars g	0	0	0
Fibre g	2.8	3.6	6.0
Protein g	7.2	9.2	15.3
Iron mg	0.8	1.1	1.8
Calcium mg	40	51	85
Vitamin A µg	20	25	42
Folate µg	76	98	163
Vitamin C mg	3.0	4.0	6.0
Sodium mg	160	205	342
Zinc mg	1.8	2.3	3.9

Allergens: egg, milk

Top Tip: sprinkle with fresh coriander

Serving Suggestion: with brown rice and seasonal vegetables

High in: protein, fibre, folate and zinc

Type: Main

Prep: 20min
Cook: 90min

This makes:
12 primary servings (315g)
8 secondary servings (472g)

Quorn™ and lentil moussaka



Ingredients

- 1.2kg potatoes, peeled and thinly sliced
- 200g aubergine, diced
- 30ml (2 tbsp) sunflower oil
- 200g onions, peeled and diced
- 8g (2 cloves) garlic, chopped
- 600g Quorn™ mince
- 30g tomato purée
- 400g red lentils, pre-soaked or canned
- 5g ground cinnamon
- 5g ground cumin
- 5g dried oregano
- 400g canned chopped tomatoes
- 400ml water
- 50g soft margarine
- 50g plain flour
- 450ml skimmed milk
- 2 eggs, beaten
- 50g reduced-fat Cheddar cheese, grated

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Parboil the potatoes for 5–10 minutes. Drain and set aside.
- Place the aubergine on a baking tray, drizzle with half the oil and roast in the oven for 20 minutes.
- Heat the remaining oil in a large pan. Add the onions and garlic and cook for 3–4 minutes.
- Add the Quorn™ mince, tomato purée, lentils, spices and oregano and cook for 2 minutes.
- Add the canned tomatoes and water then simmer for 15 minutes.
- Meanwhile, melt the margarine in a pan, add the flour and beat to a smooth paste. Gradually whisk in the milk until thickened. Finally, add the eggs and a grind of black pepper.
- Layer an ovenproof dish with potatoes and half the aubergines, Spoon over the Quorn™ mix, top with the remaining aubergine. Pour over the sauce and sprinkle with the grated cheese.
- Bake in the oven for 30 minutes, until golden brown.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 315g	Secondary serving: 472g
Energy kcals	42	279	418
Fat g	2.8	8.9	13.4
Saturates g	0.9	2.7	4.1
Carbohydrate g	10.6	33.4	50.1
NME sugars g	0.6	1.9	2.8
Fibre g	1.8	5.7	8.6
Protein g	5.3	16.8	25.2
Iron mg	0.7	2.2	3.3
Calcium mg	31	97	145
Vitamin A µg	106	333	499
Folate µg	22	70	105
Vitamin C mg	6	18	27
Sodium mg	53	167	250
Zinc mg	1.6	5.2	7.7

Allergens: egg, milk, wheat (gluten)

Top Tip: slice the aubergine and layer with potatoes

Serving Suggestion: with a Greek salad

High in: iron, calcium, vitamins A and C, folate and zinc

Type: Main

Prep: 20min
Cook: 55min

This makes:
10 primary servings (115g)
6 secondary servings (190g)

Roasted butternut squash frittata



Ingredients

- 200g butternut squash, deseeded and diced
- 15ml (1 tbsp) sunflower oil
- 75g red onions, peeled and diced
- 4g (1 clove) garlic, chopped
- 10 eggs
- 100ml skimmed milk
- 200g tomatoes, diced
- 50g spinach, fresh or frozen

Method

- Preheat the oven to 190°C/375°F/gas mark 5.
- Place the butternut squash on a baking tray and roast in the oven for 25 minutes.
- Heat the oil in a large saucepan. Add the onions and garlic and cook for 4–5 minutes.
- Beat the eggs and milk together in a large bowl, then add all the remaining ingredients and the roasted butternut squash. Season with black pepper.
- Line a shallow ovenproof dish with parchment paper and pour in all of the frittata mixture.
- Bake in the oven for 20–25 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 115g	Secondary serving: 190g
Energy kcals	91	104	173
Fat g	6.2	7.1	11.8
Saturates g	1.5	1.7	2.8
Carbohydrate g	3.1	3.5	5.9
NME sugars g	0.6	0.7	1.3
Fibre g	0.7	0.8	1.3
Protein g	6.2	7.1	11.9
Iron mg	1.1	1.2	2.0
Calcium mg	54	62	103
Vitamin A µg	237	270	451
Folate µg	37	42	70
Vitamin C mg	9	8	16
Sodium mg	74	84	141
Zinc mg	0.7	0.8	1.3

Allergens: egg, milk

Top Tip:
place in a granary baguette for a grab-and-go option

Serving Suggestion:
with boiled new potatoes and salad

High in:
protein, folate, vitamins A and C

Type: Main

Prep: 15min
Cook: 60min

This makes:
10 primary servings (120g)
6 secondary servings (200g)

Roasted vegetable and pesto quiche



Ingredients

For the filling:

- 50g red pepper, deseeded and diced
- 50g red onions, peeled and sliced
- 8g (2 cloves) garlic, chopped
- 150g courgette, diced
- 30g green pesto
- 5 eggs
- 100ml skimmed milk
- 125g reduced-fat Cheddar cheese, grated

For the pastry:

- 150g soft margarine
- 150g plain flour, plus extra for dusting
- 150ml cold water

Method

- Preheat the oven to 170°C/325°F/gas mark 3.
- In a large bowl, combine all vegetables and coat them evenly with the pesto.
- Tip into a baking tray and roast for 25 minutes, turning halfway through. Leave to cool.
- In a measuring jug, beat the eggs with the milk.
- Make the pastry by rubbing the margarine into the flour until it resembles breadcrumbs. Add the water and mix to form a soft dough.
- On a floured surface, roll out the pastry and line a 28cm loose-bottomed flan ring or half-gastro tin and chill in a refrigerator for 20 minutes.
- Preheat a baking tray in the oven. Prick the pastry all over the base with a fork and spread the roasted vegetables. Sprinkle the cheese then pour over the egg mixture.
- Bake on the hot tray in the oven for 25 minutes, until golden brown.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 120g	Secondary serving: 200g
Energy kcals	204	246	410
Fat g	14.8	17.8	29.7
Saturates g	6.2	7.5	12.5
Carbohydrate g	10.9	13.2	21.9
NME sugars g	0	0	0
Fibre g	0.7	0.8	1.4
Protein g	7.7	9.3	15.4
Iron mg	0.7	0.9	1.5
Calcium mg	44	53	88
Vitamin A µg	180	217	362
Folate µg	22	26	44
Vitamin C mg	9	11	18
Sodium mg	201	242	404
Zinc mg	0.4	0.5	0.9

Allergens: cashew nuts, egg, milk, sulphites, wheat (gluten)

Top Tip:
to avoid soggy pastry, blind-bake before adding the egg mixture

Serving Suggestion:
with a granary roll and salad

High in:
protein, vitamins A and C

Type: Grab and Go

Prep: 15min
Cook: 60min

This makes:
10 primary servings (285g)
6 secondary servings (475g)

Tomato and bean soup



Ingredients

- 15ml (1 tbsp) sunflower oil
- 100g onions, peeled and diced
- 8g (2 cloves) garlic, peeled and crushed
- 100g leeks, washed and sliced
- 100g celery, washed and diced
- 10g red chilli pepper, deseeded and finely chopped
- 80g canned chopped tomatoes
- 50g tomato purée
- 1 litre water
- 800g canned borlotti beans (500g drained weight)
- 150g wholemeal pasta, cooked
- 15g fresh parsley, finely chopped

Method

- In a large pan, heat the oil. Add the onions, garlic, leeks, celery and chilli and cook until soft.
- Add the canned tomatoes, tomato purée and water. Mix well and cook for a further 10 minutes.
- Add the beans, reserving a third to add at the end once blended. Simmer for approximately half an hour.
- When all the ingredients are soft and tender, blend the soup until smooth.
- Return to the pan and add the cooked pasta and reserved beans and heat through.
- Garnish with freshly chopped parsley before serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 285g	Secondary serving: 475g
Energy kcals	42	119	199
Fat g	0.8	2.2	3.6
Saturates g	0.1	0.2	0.3
Carbohydrate g	6.4	18.3	30.5
NME sugars g	0	0	0
Fibre g	1.4	3.9	6.6
Protein g	2.2	6.1	10.2
Iron mg	0.3	0.9	1.5
Calcium mg	9	25	42
Vitamin A µg	24	67	112
Folate µg	10	30	49
Vitamin C mg	6	18	30
Sodium mg	22	62	103
Zinc mg	0.1	0.3	0.6

Allergens: *celery, wheat (gluten)*

Top Tip:
add milk with the fresh parsley before serving for a creamier texture

Serving Suggestion:
with a granary roll

High in:
protein, fibre, folate, and vitamin C

Type: Main

Prep: 15min
Cook: 60min

This makes:
12 primary servings (180g)
8 secondary servings (270g)

Three-bean chilli



Ingredients

- 15ml (1 tbsp) sunflower oil
- 100g onions, peeled and diced
- 15g red chilli peppers, deseeded and thinly sliced
- 8g (2 cloves) garlic, chopped
- 100g celery, diced
- 200g mixed peppers, deseeded and diced
- 100g courgette, diced
- 400g canned chopped tomatoes
- 500g canned red kidney beans, drained (300g drained weight)
- 500g canned chickpeas, drained (300g drained weight)
- 330g canned cannellini beans, drained (200g drained weight)
- 20g tomato purée
- 500ml water
- 100g sweetcorn, canned or frozen
- 150g low-fat natural yoghurt
- 150g ready-made guacamole

Method

- In a large pan, heat the oil. Add the onions, chilli and garlic and cook for 3–4 minutes until softened.
- Add the celery, peppers and courgette and cook for a further 5 minutes.
- Add the chopped tomatoes, kidney beans, chickpeas, cannellini beans, tomato purée and the water and simmer for 30 minutes.
- Add the sweetcorn and cook for a further 10 minutes.
- Serve with low-fat natural yoghurt and guacamole. Sprinkle with parsley.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 180g	Secondary serving: 270g
Energy kcals	69	125	187
Fat g	2.3	4.1	6.2
Saturates g	0.4	0.7	1.1
Carbohydrate g	9.0	16.2	24.4
NME sugars g	0	0	0
Fibre g	2.6	4.7	7.0
Protein g	3.4	6.2	9.2
Iron mg	0.9	1.8	2.6
Calcium mg	42	75	112
Vitamin A µg	38	69	104
Folate µg	17	31	47
Vitamin C mg	18	33	50
Sodium mg	128	230	345
Zinc mg	0.5	0.8	1.2

Allergens: *celery, milk, sulphites*

Top Tip:
make fresh guacamole using ripe avocados and lemon juice

Serving Suggestion:
with brown rice or in tortilla wraps

High in:
protein, fibre, folate, vitamin C and iron

Type: Grab and Go

Prep: 15min
Cook: 35min

This makes:
10 primary servings (210g)
6 secondary servings (355g)

Vegetarian burritos



Ingredients

- 15ml (1 tbsp) sunflower oil
- 100g onions, peeled and diced
- 4g (1 clove) garlic, chopped
- 150g mixed peppers, deseeded and sliced
- 250g canned sweetcorn, drained (150g drained weight)
- 800g canned kidney beans, drained (450g drained weight)
- 600g canned chopped tomatoes
- 600g wholemeal tortilla wrap
- 65g reduced-fat Cheddar cheese, grated

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- In a pan, heat the oil and cook the onions and garlic for 2 minutes.
- Add the mixed peppers and cook for 3 minutes, stirring regularly, until the pepper begins to soften.
- Add the sweetcorn, beans and tomatoes and cook for a further 10 minutes or until all the ingredients are soft and tender.
- Divide the mixture between the tortillas and roll them up.
- Pack the tortillas together in a greased tin and sprinkle the grated cheese on top.
- Bake in the oven for about 20 minutes until the cheese has melted and the tortillas are cooked through.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 210g	Secondary serving: 355g
Energy kcals	131	278	464
Fat g	2.6	5.5	9.1
Saturates g	0.9	1.9	3.1
Carbohydrate g	19.9	42.1	70.3
NME sugars g	0	0	0
Fibre g	3.4	7.2	12.1
Protein g	5.9	12.5	20.8
Iron mg	0.6	1.3	2.2
Calcium mg	42	90	149
Vitamin A µg	47	100	167
Folate µg	13	28	47
Vitamin C mg	13	27	45
Sodium mg	156	331	552
Zinc mg	0.3	0.6	1.1

Allergens: milk, wheat (gluten)

Top Tip: ensure liquid is reduced down to avoid soggy wraps

Serving Suggestion: serve with salad

High in: protein, fibre, vitamins A and C and folate

Type: Main

Prep: 15min
Cook: 80min

This makes:
10 primary servings (205g)
6 secondary servings (340g)

Vegetarian wholemeal pasta bake



Ingredients

- 500g wholemeal pasta
- 15ml (1 tbsp) sunflower oil
- 200g onions, peeled and sliced
- 8g (2 cloves) garlic, chopped
- 200g mushrooms, washed and sliced
- 100g red pepper, deseeded and diced
- 500g vegetarian mince
- 15g tomato purée
- 400g canned chopped tomatoes
- 500ml water
- 5g dried thyme
- 100g reduced-fat Cheddar cheese, grated

Method

- Preheat the oven to 180°C/350°F/gas mark 4.
- Cook the pasta according to the packet instructions. Drain and set aside.
- Heat the oil in a large pan. Add the onions and garlic and cook for 4–5 minutes until softened.
- Then add the mushrooms and peppers and continue to cook for another 5 minutes. Add the vegetarian mince, stir well and cook for a further minute until browned.
- Stir in the tomato purée, canned tomatoes, water and thyme and cook for 20 minutes.
- Stir the cooked pasta into the vegetable sauce. Place in an ovenproof dish and sprinkle with cheese. Cook for 25 minutes, until golden brown.

Nutrients	Nutrient content		
	Per 100g	Primary serving: 205g	Secondary serving: 340g
Energy kcals	159	325	541
Fat g	4.3	8.8	14.8
Saturates g	0.8	1.7	2.8
Carbohydrate g	20.2	41.3	68.5
NME sugars g	0	0	0
Fibre g	3.1	6.2	10.4
Protein g	10.6	21.7	36.2
Iron mg	1.1	2.3	3.9
Calcium mg	15	31	52
Vitamin A µg	40	82	136
Folate µg	19	39	65
Vitamin C mg	10	20	34
Sodium mg	141	286	477
Zinc mg	0.8	1.7	2.8

Allergens: egg, milk, soya, wheat (gluten)

Top Tip: try a mix of white and wholemeal pasta if pupils aren't used to wholemeal pasta

Serving Suggestion: with a slice of garlic bread and a side salad

High in: protein, fibre, iron, folate, vitamin C and zinc

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The Children's Food Trust

The Children's Food Trust aims to reduce childhood obesity and malnutrition and enhance educational performance through improving the food our children eat in early years settings, schools and beyond.

We work with health and education commissioners in local authorities, and directly with early years settings, schools parents and children across the country. We run the UK's biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you too.

Let's Get Cooking

Run by the Children's Food Trust, Let's Get Cooking is the UK's largest network of cooking clubs. We provide training, support and resources for setting up and running healthy cooking activities for people of all ages. For cooking clubs and cookery training information and services visit: www.letsgetcooking.org.uk

Cooking at home? Visit: www.letsgetcookingathome.org.uk for a fantastic range of healthy, tasty recipes as well as lots of helpful information on cooking from scratch.

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Let's get
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