

Meat, fish, eggs, beans and other non-dairy sources of protein 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

Contents

Page 3	Why has this booklet been developed?
Page 4	Foods containing iron
Page 6	Tips for increasing iron in school lunches
Page 8	Tips for increasing iron at other times
Page 9	Recipe index
Page 10	Lamb curry with lentils
Page 11	Moroccan chicken with apricots and couscous
Page 12	Kheema loaf
Page 13	Meatballs in tomato sauce
Page 14	Chilli beef and rice burrito
Page 15	Chickpea and green lentil curry
Page 16	Lentil roast
Page 17	Bean burger
Page 18	Haddock and mackerel pie
Page 19	Soya bean chilli pitta
Page 20	References

Acknowledgements

The Children's Food Trust would like to thank the following schools and caterers for sharing their recipes:

- abm Catering Limited
- CityServe Direct Services
- George Dixon Primary School and CityServe Direct Services
- Howden School and Technology College and East Riding of Yorkshire Council
- Royal Docks Community School and Newham Catering Services

Why has this booklet been developed?

The standards for school food were updated in January 2015.^{1,2} There are four standards requiring provision of foods from the 'meat, fish, eggs, beans and other non-dairy sources of protein' food group at lunchtime:

- a portion of food from this group should be provided every day
- a portion of meat or poultry should be provided on three or more days each week
- oily fish should be provided once or more every three weeks
- a vegetarian source of non-dairy protein should be provided on three or more days each week.

Foods from this food group provide protein, and nutrients including iron and zinc. This booklet contains tips for providing good sources of iron in your menus, as well as 10 tried and tested recipes using a variety of protein sources.

Why is iron important?

Many studies show that children are not eating enough iron at lunchtime, yet iron is very important for the following reasons.³

- It is needed to make red blood cells, which carry oxygen around the body
- It strengthens the body's resistance to infection
- A lack of iron can cause tiredness, poor sleep or headaches. If not corrected, an iron deficiency can lead to anaemia – which is when the body cannot produce enough red blood cells
- Iron deficiency in children can be linked to them having slower intellectual development and poor behaviour in the long term
- It is particularly needed during menstruation in adolescent girls and during growth spurts in adolescent boys.



The Children's Food Trust 2009 Primary School Food Survey⁴ found that less than half (48 per cent) of primary school lunches contained enough iron.

Foods containing iron

Foods from the 'meat, fish, eggs, beans and other non-dairy sources of protein' food group provide iron. There are other foods that also provide a source of iron.



Red meat

Beef, lamb and pork are good sources of iron. Try less expensive cuts of meat like diced chuck or minced skirt, and use lean meat where possible as these are lower in fat.



Poultry

Darker chicken and turkey meat, like the meat on thighs is higher in iron than the white meat. This is often less expensive than using breast meat but can taste stronger, so try it in curries and casseroles.



Fish

Oily fish such as canned pilchards and sardines. Try these in fishcakes.



Eggs

Eggs, especially egg yolks. Try adding boiled eggs to dishes like fish pie, or offer egg mayonnaise sandwiches.



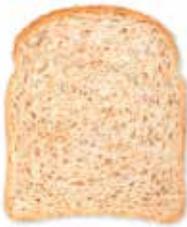
Pulses

Green and red lentils, soya, kidney or black eye beans, chickpeas and products derived from these such as soya flour and soya mince. Add these to curries and pasta sauces to enhance the iron content.



Vegetables

Garden peas, kale, watercress and spinach are good sources of iron. Serving them with food containing vitamin C will help children to absorb more iron – try spinach and potato curry, or watercress and pepper salad.



Whole grains

Wholewheat pasta, wholemeal or brown bread, wholemeal flour or brown rice. Try making desserts, cakes and biscuits with half wholemeal flour, or experiment with chickpea flour – this has four times more iron than white flour and is great for making dumplings.



Herbs and spices

Substituting salt and stock cubes with herbs and spices can add flavour, reduce the salt and increase the iron content of a dish. Try using chilli powder, curry powder, cumin, paprika, thyme, parsley, cinnamon and ginger. Remember to include herbs and spices when analysing recipes.



Dried fruit, nuts and seeds

Try adding dried apricots, figs, dates, raisins and prunes to salads, Middle Eastern main meals like Moroccan lamb and vegetable couscous, and desserts such as Canadian date cake. Pine nuts* and pumpkin seeds are also a good source of iron. These could be added to a range of dishes such as pasta sauces or salads, but be allergy aware*.

* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

Tips – increasing the iron content of school lunches

- ✓ Put foods containing iron on the menu more often
- ✓ Modify existing recipes to increase their iron content
- ✓ Substitute some of your current dishes for tried and tested recipes that are higher in iron
- ✓ Consult pupils and offer combinations of menu items as meal deals or grab bags that are popular and high in iron.

More iron, more often

- Work out which are your most popular iron-rich dishes, and increase the number of times you offer these during your menu cycle
- Gradually switch to wholemeal bread, wholemeal flour, brown rice and wholewheat pasta – this will also help to meet the requirement to provide wholegrain starchy foods at least once a week at lunchtime.

Modify existing recipes

- Check that good sources of iron are incorporated in dishes across your menu cycle
- Add spices and dried fruit to sweet and savoury dishes
- Add lentils, beans and chickpeas to curries, mince dishes, stews and salads
- Use half wholemeal and half white flour in recipes where possible.

Swap

- Remove less popular low-iron dishes from your menu cycle and replace with recipes containing good sources of iron.

Meal deals

These three meal deal combinations are good examples of lunches that provide good sources of iron:

Meal deal 1

Beef bolognese with wholewheat spaghetti and carrots
Date slice and custard
Water

Meal deal 2

Chickpea and lentil curry with brown rice and seasonal salad
Bran gingerbread
Fruit juice and water drink

Meal deal 3

Keema loaf in a naan with raita and cucumber sticks
Fruit salad pot
Milk

Remember

A portion of meat, fish, eggs, beans or another non-dairy protein source should be provided at lunchtime each day. It is good practice to make sure that every lunch option includes a non-dairy protein source.

Meat main courses

- Enhance beef or lamb bolognaise, shepherd's pie, lasagne or burritos by adding red or green lentils or beans
- Offer traditional roasts with green leafy vegetables
- Use darker poultry meat such as turkey or chicken thighs instead of breast meat and add some pulses, curry powder, herbs, spices and green leafy vegetables to dishes.

Vegetarian main courses

- Include lentils, pulses or beans in dishes like chickpea and spinach curry, or vegetable and soya mince bolognaise
- Try homemade lentil roast, enchilladas or bean burgers as these are tasty, popular grab-and-go options.

Accompaniments

- Gradually replace refined white varieties with wholewheat pasta and brown rice, and serve with green leafy vegetables, peas or soya beans. Rice with peas is a favourite in some schools.

Sandwiches

- Use beef or lamb fillings in sandwiches, bagels, salads or wraps, or try hot beef or pork sandwiches as a grab-and-go option
- Wholemeal bread contains a third more iron than does white bread, so try sandwiches made with one slice of each bread type or use wholemeal rolls for grab-and-go meals.

Salads

- Kidney beans, lentils, dried apricots, raisins, fresh and dried herbs and spices are ways to add flavour, texture and colour to salads, as well as increasing the iron content.

Desserts

- Try using breakfast cereals in crumble topping, wholemeal flour and ginger in cakes, dried fruit in flapjacks and black treacle instead of sugar in desserts.



Tips to increase iron at other times

Remember

Include a non-dairy protein source in mid-morning break and after school meals where provided.

Breakfast clubs

- Combine fortified breakfast cereals such as flaked corn or wheat biscuits with dried fruit such as chopped apricots
- Try scrambled egg, bacon or beans on wholemeal toast.

Mid-morning break

- Serve iron-rich snacks that pupils can eat on the go – such as houmous and vegetable sticks
- Serve malt loaf, toasted teacakes or cinnamon raisin bagels as fruity, iron-rich, bread-based snacks.

Vending machines

- Offer dried fruit, nuts* and seeds without added sugar, fat or salt at any time of the day.

After school clubs

- Mixed bean wraps, scrambled eggs or beans on toast make quick, iron-rich snacks if cooking facilities are available, or if you run an after school cooking club. Visit www.letsgetcooking.org.uk to find out about setting up a cooking club and accessing tasty recipes and resources to use with pupils.



* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

Recipe index

Here are 10 tried and tested iron-rich recipes for you to try. Each recipe includes a portion of meat, fish, eggs, beans or another non-dairy source of protein.

1. **Lamb curry with lentils**
2. **Moroccan chicken with apricots and couscous**
3. **Kheema loaf**
4. **Meatballs in tomato sauce**
5. **Chilli beef and rice burrito**
6. **Chickpea and green lentil curry**
7. **Lentil roast**
8. **Bean burger**
9. **Haddock and mackerel pie**
10. **Soya bean chilli pitta**

Note: The standards for school lunches introduced in January 2015 are food-based only, and caterers are not required to nutritionally analyse their recipes. The nutrient content of recipes in this booklet have been listed for information. Each recipe also lists the allergens typically present in the ingredients used, but these will vary between individual brands and products, so it is important to check the products you use.



This recipe makes:

80 primary servings (154g)

60 secondary servings (205g)

Prep time:
15 minutes

Cooking time:
1 hour and 45 minutes

Allergens:
celery, egg, milk, mustard, wheat (gluten)

Serving suggestion:
with a mix of brown and white rice

Tip:
reduce the amount of chillies if your pupils do not like spicy food

Recipe adapted from:

CityServe
Direct Services

Lamb curry with lentils

Main



Ingredients

- 90g garlic, peeled and crushed (3 bulbs)
- 60g chillies, deseeded and diced
- 5.6kg lamb, diced
- 15g white pepper (3tbsp)
- 65g curry powder (7tbsp)
- 15g thyme (5tbsp)
- 1.5kg lentils, green
- 665g onions, peeled and diced
- 2kg carrots, peeled and diced
- 100ml vegetable oil
- 500g tomato purée
- 18g stock cubes (3)
- 165g plain flour
- 1.6l water

Method

1. Season the lamb with the pepper, garlic, curry powder, chillies and thyme, and marinate in the refrigerator for 1–2 hours.
2. Wash and cook the lentils in boiling water for approximately 30 minutes.
3. Heat the oil in a large saucepan and seal the meat, drain off any excess oil and discard. Fry the onions.
4. Add 1420ml water, onions, carrots, lentils, tomato purée and stock cubes to the meat.
5. Cook for approximately 10 minutes on a high heat, stirring frequently.
6. Reduce the heat and simmer for approximately 45 minutes.
7. To thicken, mix the flour with 180ml of water, add to the meat gradually stirring continuously. Cook for a further 5 minutes.
8. Remove from the heat and place into warmed serving dishes.

Nutrients	Nutrient content		
	Per 100g	Primary serving (154g)	Secondary serving (205g)
Energy kcals	145	223	298
Fat g	8.0	12.2	16.3
Saturates g	3.2	4.9	6.6
Carbohydrate g	7.6	11.7	15.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.4	3.7	4.9
Protein g	11.3	17.3	23.1
Iron mg	2.2	3.4	4.6
Calcium mg	30.7	47.2	62.9
Vitamin A µg	266.7	409.7	546.3
Folate µg	12.8	19.6	26.1
Vitamin C mg	0.9	1.4	1.8
Sodium mg	60.1	92.3	123.4
Zinc mg	2.3	3.5	4.7

Moroccan chicken with apricots and couscous

Main



Ingredients

- 6.7kg canned chickpeas (4.02kg drained weight)
- 700g onions, peeled and diced
- 1.4kg carrots, peeled and sliced
- 25g turmeric (3tbsp)
- 25g ginger, ground (3tbsp)
- 25g paprika (3tbsp)
- 25g cinnamon (3tbsp)
- 700g apricots, dried
- 24g stock cubes (4)
- 2.28l water
- 2.8kg chicken, diced, white meat
- 2.8kg chicken, diced dark meat
- 300g canned tomatoes
- 500ml orange juice
- 4.5kg couscous
- 4.5l water

Method

1. Drain and rinse the canned chickpeas.
2. Mix the turmeric, ginger, paprika and cinnamon together in a small bowl.
3. Chop the dried apricots into quarters.
4. Sweat the onions, carrots and spices with a little water in a large pan for 5 minutes or until soft.
5. Prepare the vegetable stock with 2.28l of boiling water.
6. Add the chicken to the pan and cook for 6–8 minutes, then add the stock, tomatoes, orange juice, chickpeas and chopped apricots.
7. Bring to the boil and cook for a further 10 minutes.
8. Remove from the heat and place into warmed serving dishes.
9. Place the couscous in a bowl, add the boiling water and cover for 5 minutes, then fluff up with a fork.
10. Serve the chicken and apricot stew with the couscous.

This recipe makes:

100 primary servings (230g)

75 secondary servings (310g)

Prep time:
15 minutes

Cooking time:
30 minutes

Allergens:
celery, egg, milk, sulphites, wheat (gluten)

Serving suggestion:
with broad beans

Nutrients	Nutrient content		
	Per 100g	Primary serving (230g)	Secondary serving (310g)
Energy kcals	126	293	391
Fat g	2.3	5.4	7.2
Saturates g	0.5	1.0	1.4
Carbohydrate g	18.6	43.1	57.6
Free sugars g	0.2	0.4	0.6
Fibre (AOAC) g	2.3	5.3	7.1
Protein g	9.0	20.8	27.8
Iron mg	1.1	2.5	3.3
Calcium mg	24.1	55.8	74.6
Vitamin A µg	145.7	338.0	451.7
Folate µg	9.7	22.6	30.2
Vitamin C mg	0.9	2.1	2.8
Sodium mg	73.3	170.0	227.1
Zinc mg	0.8	1.9	2.6

Tip:
swap chicken for turkey

Recipe adapted from:
CityServe
Direct Services

This recipe makes:

26 primary servings (120g)

20 secondary servings (155g)

Prep time:
10 minutes

Cooking time:
40 minutes

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

Serving suggestion:
with raita
and salad

Tip:
try it
with lamb

Recipe adapted from:

Children's Food Trust

Kheema loaf

Main



Ingredients

- 1.7kg lean minced beef
- 100g wholemeal breadcrumbs
- 2 eggs
- 4g black pepper (2tsp)
- 10g curry powder (1tbsp)
- 1.48kg wholemeal pitta (26 x regular or 20 x large)

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Mix all of the ingredients together in a bowl.
3. Place on a baking dish and shape into a roll.
4. Bake for 40 minutes until cooked and the juices run clear.
5. Drain off surplus fat and slice.
6. Warm and slice the pitta and serve the kheema loaf inside.

Nutrients	Nutrient content		
	Per 100g	Primary serving (120g)	Secondary serving (155g)
Energy kcal	196	233	302
Fat g	5.6	6.7	8.7
Saturates g	2.0	2.4	3.1
Carbohydrate g	21.5	25.6	33.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	3.7	4.4	5.7
Protein g	16.4	19.5	25.2
Iron mg	2.5	3.0	3.9
Calcium mg	64.9	77.2	99.9
Vitamin A µg	6.7	8.0	10.4
Folate µg	29.6	35.2	45.6
Vitamin C mg	0.0	0.0	0.0
Sodium mg	288.5	243.3	444.3
Zinc mg	3.4	4.0	5.2

www.childrensfoodtrust.org.uk

Meatballs in tomato sauce

Main



Ingredients

- 800g lean minced beef
- 70g onions, peeled, finely chopped
- 125g wholemeal breadcrumbs
- 7g paprika (2tsp)
- 1 egg
- 600g chopped canned tomatoes
- 70g tomato purée
- 315ml vegetable stock
- 150g red lentils, dried
- 14g dried thyme (4½tbsp)
- 5ml lemon juice (1tsp)
- 7g chopped fresh parsley – to garnish

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Mix the mince, onions, breadcrumbs and paprika together.
3. Add beaten egg to bind.
4. Portion the meat mixture into meatballs.
5. Place the meatballs on a greased tin and cook in the oven for approximately 25 minutes until cooked.
6. Mix together tomatoes, tomato purée, vegetable stock, red lentils, lemon juice and dried thyme. Simmer for 20–25 minutes until the lentils are cooked.
7. Add the meatballs to the tomato sauce and garnish with the parsley.

Remember meatballs are a meat product, and these can only be served once a week in primary schools and twice a week in secondary schools across the school day.

Nutrients	Nutrient content		
	Per 100g	Primary serving (162g)	Secondary serving (211g)
Energy kcals	107	173	225
Fat g	3.4	5.6	7.3
Saturates g	1.3	2.1	2.8
Carbohydrate g	8.6	13.9	18.0
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.8	3.0	3.9
Protein g	11.0	17.8	23.2
Iron mg	2.6	4.2	5.4
Calcium mg	34.9	56.6	73.6
Vitamin A µg	53.8	87.3	113.5
Folate µg	19.7	32.0	41.6
Vitamin C mg	2.5	4.1	5.4
Sodium mg	173.4	281.8	366.2
Zinc mg	2.2	3.6	4.7

This recipe makes:

13 primary servings (162g)
10 secondary servings (211g)

Prep time:
20 minutes

Cooking time:
25 minutes

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

Serving suggestion:
with a mix of wholewheat and white spaghetti

Tip:
purée the tomato sauce

Recipe adapted from:
Howden School and East Riding of Yorkshire Council

This recipe makes:

24 primary servings (187g)

16 secondary servings (281g)

Prep time:

10 minutes

Cooking time:

40 minutes

Allergens:

milk, wheat (gluten)

Serving suggestion:

with salsa, yoghurt and spinach

Tip:

wrap in foil or card sleeve as a grab-and-go

Recipe adapted from:

Royal Docks Community School and Newham Catering Services

Chilli beef and rice burrito

Main



Ingredients

- 1kg lean minced beef
- 300g onions, peeled and chopped
- 15g chilli powder (5tsp)
- 175g green peppers, deseeded, chopped
- 400g canned tomatoes
- 800g canned kidney beans, drained (drained weight 512g)
- 300g brown rice
- 2g paprika (1tsp)
- 16 x 12" or 24 x 10" wheat tortillas
- 150g lower-fat Cheddar cheese, grated

Method

1. Brown the mince and the onion.
2. Stir in the chilli powder, pepper, tomatoes and half of the kidney beans and simmer for 30–35 minutes.
3. Meanwhile, boil the brown rice following the instructions on the packet and drain.
4. Add the remaining kidney beans and paprika to the rice.
5. Spoon the rice mixture in a line down the middle of each tortilla and top with the mince mixture.
6. Sprinkle grated cheese on top of the beef and roll up.
7. Keep warm before serving or assemble at service point.

Nutrients	Nutrient content		
	Per 100g	Primary serving (187g)	Secondary serving (281g)
Energy kcals	159	298	447
Fat g	2.8	5.2	7.8
Saturates g	1.1	2.1	3.2
Carbohydrate g	26.2	49.0	73.4
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.7	5.1	7.7
Protein g	9.2	17.3	25.9
Iron mg	1.3	2.5	3.8
Calcium mg	75.8	141.8	212.7
Vitamin A µg	17.0	31.8	47.8
Folate µg	12.3	23.0	34.4
Vitamin C mg	3.4	6.4	9.6
Sodium mg	177.0	331.3	496.9
Zinc mg	1.5	2.8	4.2

Chickpea and green lentil curry

Main



Ingredients

- 1.5kg onions, peeled and diced
- 1.5kg carrots, peeled and diced
- 1.5kg mushrooms, washed and sliced
- 1.5kg broccoli, trimmed
- 100ml vegetable oil
- 125g curry powder (14tbsp)
- 18g vegetable stock cubes (3)
- 4.665l water
- 250ml tomato purée
- 2.21kg canned tomatoes
- 500g green lentils, dried
- 5kg canned chickpeas (drained weight 3kg)

Method

1. Heat the oil in a large saucepan and gently fry the onions for 2 minutes.
2. Add the curry powder, stir well and fry for 2 minutes.
3. Add the carrots, mushrooms and broccoli and fry for a further 5 minutes.
4. Prepare the stock with the cubes and 4.665l of boiling water.
5. Add the stock, tomato purée, tomatoes and green lentils to the vegetables and simmer for approximately 20 minutes.
6. Add the chickpeas and heat thoroughly.
7. Remove from the heat and place into warmed serving dishes.

This recipe makes:

80 primary servings (220g)
40 secondary servings (440g)

Prep time:
15 minutes

Cooking time:
50 minutes

Allergens:
celery, egg, milk, mustard, wheat (gluten)

Serving suggestion:
with brown rice

Nutrients	Nutrient content		
	Per 100g	Primary serving (220g)	Secondary serving (440g)
Energy kcals	44	96	192
Fat g	1.4	3.1	6.2
Saturates g	0.2	0.4	0.8
Carbohydrate g	5.5	12.2	24.3
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.5	5.6	11.2
Protein g	2.6	5.8	11.6
Iron mg	1.2	2.6	5.2
Calcium mg	22.9	50.4	100.6
Vitamin A µg	209.6	461.1	920.1
Folate µg	13.6	29.9	59.7
Vitamin C mg	5.1	11.2	22.3
Sodium mg	77.9	171.4	342.0
Zinc mg	0.4	0.8	1.6

Tip:
use a variety of pulses to add colour and texture

Recipe adapted from:
CityServe Direct Services

This recipe makes:

60 primary servings (114g)

45 secondary servings (151g)

Prep time:
15 minutes

Cooking time:
60 minutes

Allergens:
egg, milk

Serving suggestion:
with broccoli and tomato sauce

Tip:
serve sliced in wholemeal roll for a great vegetarian grab-and-go

Recipe adapted from:

George Dixon Primary School and CityServe Direct Services

Lentil roast

Main



Ingredients

- 1.7kg red lentils, dried
- 3.8l water
- 455g onions, peeled and chopped
- 5g garlic powder (2tsp)
- 5g chilli powder (2tsp)
- 5 eggs
- 455g lower-fat Cheddar cheese, grated
- 85g hard fat spread

Method

1. Preheat the oven to 140°C/275°F/gas mark 1.
2. Rinse then cook the lentils with the water, onions, garlic and chilli powder, simmering until the lentils are cooked, and have absorbed the water.
3. Beat the eggs and add to the lentil mixture, along with the grated cheese.
4. Grease deep tins with the fat spread, and fill with the lentil mixture.
5. Bake for 30–40 minutes until set.
6. Cut into portions.

Nutrients	Nutrient content		
	Per 100g	Primary serving (114g)	Secondary serving (151g)
Energy kcals	114	130	173
Fat g	2.7	3.0	4.1
Saturates g	1.0	1.1	1.5
Carbohydrate g	14.6	16.5	22.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.3	2.6	3.4
Protein g	8.9	10.1	13.5
Iron mg	2.1	2.4	3.1
Calcium mg	72.8	82.6	110.2
Vitamin A µg	31.3	35.5	47.4
Folate µg	32.2	36.5	48.7
Vitamin C mg	0.2	0.2	0.3
Sodium mg	71.8	81.5	108.7
Zinc mg	1.1	1.2	1.6

Bean burger

Main



Ingredients

- 800g canned kidney beans, drained (drained weight 512g)
- 800g canned butter beans, drained (drained weight 456g)
- 30ml vegetable oil (2tbsp)
- 400g onions, peeled and finely diced
- 20g garlic, crushed (5 cloves)
- 15g dried thyme (5tbsp)
- 10g ground pepper (2tbsp)
- 170g wholemeal breadcrumbs
- 50ml lemon juice
- 1 egg

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Drain and rinse the beans.
3. Heat the oil and fry the onion and garlic for 10 minutes until softened.
4. Add the beans and thyme and cook for a further 5 minutes.
5. Cool the bean mixture then pulse for 30 seconds in a food processor or until it becomes a rough paste.
6. Add the pepper, breadcrumbs and lemon juice and sufficient beaten egg to make a stiff mixture.
7. Divide into balls and shape into burgers. Place on a greased baking tray.
8. Bake the bean burgers in the oven for 20 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving (85g)	Secondary serving (170g)
Energy kcals	99	84	168
Fat g	2.6	2.2	4.4
Saturates g	0.4	0.3	0.7
Carbohydrate g	14.5	12.3	24.7
Free sugars g	0.1	0.0	0.1
Fibre (AOAC) g	5.9	5.0	10.0
Protein g	5.3	4.5	9.1
Iron mg	2.5	2.2	4.3
Calcium mg	61.7	50.5	105.0
Vitamin A µg	6.0	5.1	10.3
Folate µg	12.7	10.8	21.6
Vitamin C mg	1.6	1.3	2.7
Sodium mg	284.2	241.6	21.6
Zinc mg	0.7	0.6	1.2

This recipe makes:

20 primary servings (85g)
10 secondary servings (170g)

Prep time:
20 minutes

Cooking time:
35 minutes

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

Serving suggestion:
with salsa and baked potato wedges

Tip:
add paprika and chilli powder to make spicy burgers

Recipe adapted from:
Howden School and Technology College and East Riding of Yorkshire Council

This recipe makes:

15 primary servings (290g)

12 secondary servings (360g)

Prep time:
10 minutes

Cooking time:
1 hour

Allergens:
egg, fish, milk

Serving suggestion:
with steamed broccoli

Tip:
try other fish such as salmon or pilchards

Recipe adapted from:
abm Catering Limited

Haddock and mackerel pie

Main



Ingredients

- 1.7kg floury potatoes, peeled and diced
- 40g cornflour (2tbsp)
- 50g soft margarine
- 1l semi-skimmed milk
- 400g spinach, fresh or frozen
- 230g mackerel fillets, poached
- 640g haddock fillets, poached
- 200g sweetcorn, frozen or canned
- 2 eggs, beaten

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Boil the potatoes for 20 minutes, drain and mash.
3. On a low heat, combine the cornflour and margarine together to form a paste, gradually add the milk and stir until the mixture thickens into a white sauce.
4. Boil or steam the spinach until wilted and then drain.
5. Add the mackerel, haddock, sweetcorn and spinach to the white sauce.
6. Pour into an ovenproof dish.
7. Pipe or spoon the mashed potato on top of the fish mixture.
8. Top with the beaten egg.
9. Bake for 40 minutes until the egg is cooked and golden brown.

Nutrients	Nutrient content		
	Per 100g	Primary serving (290g)	Secondary serving (360g)
Energy kcals	84	246	307
Fat g	2.5	7.3	9.1
Saturates g	0.7	2.1	2.6
Carbohydrate g	9.8	28.5	35.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.0	3.0	3.7
Protein g	6.3	18.3	22.9
Iron mg	0.5	1.4	1.7
Calcium mg	49.7	144.8	181.0
Vitamin A µg	122.5	356.8	446.0
Folate µg	18.3	53.2	66.5
Vitamin C mg	3.3	9.7	12.2
Sodium mg	59.9	174.5	218.1
Zinc mg	0.4	1.2	1.5

Soya bean chilli pitta

Grab-and-go



Ingredients

- 15ml vegetable oil (1tbsp)
- 300g onion, peeled and chopped
- 8g garlic, peeled and crushed (2 cloves)
- 300g red pepper, deseeded and chopped
- 2g chilli powder (1tsp)
- 1.2kg canned chopped tomatoes
- 800g canned kidney beans, drained and rinsed (drained weight 512g)
- 500g soya beans, frozen
- 1g black pepper (½tsp)
- 900g pitta (12 x 75g or 16 x 55g)

Method

1. Heat the oil in the saucepan.
2. Add the onion and heat gently until it softens.
3. Add the garlic, red pepper, chilli powder, canned tomatoes, kidney beans, soya beans and black pepper.
4. Simmer for 20 minutes to ensure the soya beans are fully cooked before serving in toasted or warmed pitta breads.

Nutrients	Nutrient content (including pitta)		
	Per 100g	Primary serving (230g)	Secondary serving (310g)
Energy kcals	107	249	332
Fat g	1.83	4.3	5.7
Saturates g	0.2	0.6	0.7
Carbohydrate g	18.3	42.6	56.8
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	3.5	8.0	10.7
Protein g	5.5	12.8	17.1
Iron mg	1.3	3.1	4.1
Calcium mg	60.7	141.2	188.3
Vitamin A µg	70.6	164.1	218.7
Folate µg	18.7	43.4	57.9
Vitamin C mg	8.7	20.3	27.0
Sodium mg	142.9	332.3	443.1
Zinc mg	0.5	1.1	1.5

This recipe makes:

16 primary servings (175g plus 55g pitta)
12 secondary servings (235g plus 75g pitta)

Prep time:
5 minutes

Cooking time:
25 minutes

Allergens:
soya, wheat (gluten)

Serving suggestion:
swap pitta for brown rice or couscous

Tip:
try pinto or black-eye beans

Recipe adapted from:
Children's Food Trust

References

1. **The Requirements for School Food Regulations 2014.**
Available at: www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf
2. **School Food Standards.** A practical guide for schools their cooks and caterers.
Available at: www.schoolfoodplan.com/standards
3. **Scientific Advisory Committee on Nutrition (SACN) (2010).** Iron and Health.
Available at: www.gov.uk/government/publications/sacn-iron-and-health-report
4. **The Children's Food Trust (2010).** Primary School Food Survey.
Available at: www.childrensfoodtrust.org.uk/research

For the full series of our *Recipes for Success* booklets, please visit:
www.childrensfoodtrust.org.uk/schools/resources

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.

Contact us

Children's Food Trust, 3rd Floor, 1 East Parade, Sheffield S1 2ET

Tel: 0114 299 6901

Email: info@childrensfoodtrust.org.uk

Website: www.childrensfoodtrust.org.uk

Children's Food Trust registered charity number 1118995

Copyright © Children's Food Trust 2015

0031-E2-15