

# The pasta-bilities are endless

Here are some super-simple, super-tasty recipe ideas which your child can cook along with you to get them involved at lunch time! These are just a few suggestions, but if you would like some more ideas please contact us at [information@chartwells.co.uk](mailto:information@chartwells.co.uk)

## Cheese & Tomato Pasta Bake...

1. Cook pasta for 10-12mins in boiling water until soft and set aside
2. Chop and gently fry half an onion and a garlic clove until soft and see through
3. Mix the cooked pasta in to the onion and garlic. Add in tinned chopped tomatoes and grated cheese. You could even add ½ tin of drained tuna for something different.
4. Spoon into an ovenproof dish and top with a light sprinkle of cheese
5. Bake in the oven at 180°C/Gas mark 4 for approx.15-20mins, until golden and bubbling at the edges!



## Tuna Pasta...

1. Cook the pasta for 10-12mins in boiling water until soft and set aside
2. Drain your tinned tuna
3. Chop tomatoes into small chunks
4. Mix the chopped tomato and tuna together with the cooked pasta
5. Why not serve with roasted or boiled carrots or a portion of peas - Yum!

## Cheesy Pea Pasta Bake

1. Cook the pasta for 10-12mins in boiling water until soft and set aside
2. Chop and gently fry an onion in a little butter until soft and see through
3. Add 1 tablespoon of plain flour and cook for a further 2mins
4. Add 300ml of milk and stir to form a thick sauce
5. Stir in 30g of grated cheese, then add ½ tin of peas and your cooked pasta
6. Spoon into an oven proof dish and top with a light sprinkle of cheese
7. Bake in the oven at a 180°C/Gas mark 4 for approx.15-20mins, until golden and bubbling - Grab a fork and tuck in!

\*Enough for 2 portions



# Super Yummy Sandwiches - hot or cold...

Why not serve these with sliced carrots & tomatoes on the side?

## Tuna Melt...

1. Drain your tinned tuna
2. Lightly butter 2 slices of bread
3. Top one slice of bread with slices of tomato onto the unbuttered side (optional)
4. Pop the tuna on top and then sprinkle with grated cheese
5. Put another slice of bread on top
6. Cook in a pan, turning regularly
7. Wait until crisp on the outside and gooey in the middle - Scrummy!



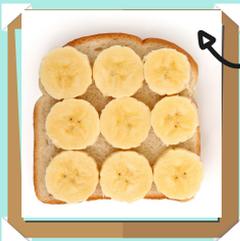
## Hot or Cold Cheese & Tomato Sandwich...

1. Taking two slices of bread, add a thin layer of butter to one side
2. Slice your cheese and tomato and then layer onto your buttered bread
3. Taking the other slice of bread, close the sandwich
4. If you prefer your sarnies warm then heat in a pan, just like the tuna melt!
5. Cut in half, quarters or triangles – whatever works for you!



## Tuna Mayo Sandwich...

1. Taking two slices of bread, add a thin layer of butter to one side
2. Drain the tuna and mix with the mayonnaise
3. Layer the tuna mix onto one side of the buttered bread
4. You could always add in a sliced tomato or onion to mix it up
5. Taking the other slice of bread, close the sandwich
6. Cut in half, quarters or triangles – whatever works for you!



## Banana Sandwich...

1. Toast two slices of bread, add a thin layer of butter to one side
2. Peel and slice a banana
3. Layer the banana slices over one slice of the buttered toast
4. Taking the other slice of toast, close the sandwich
5. Cut in half, quarters or triangles – whatever works for you!
6. This is also delicious if heated in a pan - Enjoy!



## Grilled Cheese Tostie...

1. Make a cheese sandwich like usual, but butter the outside, not the inside of the bread
2. You could even add chopped onions and tomatoes!
3. Cook in a pan, turning regularly
4. Wait until crisp on the outside and gooey in the middle - Heaven!



# Simple Potatoes 3 Ways...

Potatoes and sweet potatoes can be cooked in many different ways, here's our top 3 suggestions for delicious potatoes every time.

#1 Mash me...



#2 ...chop me  
and bake me  
as crispy  
wedges...



#3 ..bake me into a jacket..



Did you know?

All carbohydrates get converted into glucose, which our brains need to function. Glucose gives us the energy to learn, grow, think and play.

# Tasty, Tommy Tomatoes

Tomatoes are delicious and can add flavour to lots of different dishes! Check out our tasty suggestions...

Dice me and pop me on  
your cheesy toast!

Chop me up  
and add me to  
your pasta!



Add me to  
beans and pop  
me on a fluffy  
jacket!

Mix me into  
beany  
wedges!!



Did you know?

Tomatoes are actually a fruit and not a vegetable! They are a great source of Vitamin C!



# Perfectly scrummy potatoes...



## Twice Baked Cheesy Potatoes...

1. Bake a potato or sweet potato in the oven at 180°C/Gas mark 4 for approx. 1h 30mins-2hrs, until soft in the centre. Or alternatively microwave for approx. 7-10mins until soft (prod with a knife to check!)
2. Carefully remove from the oven/microwave. With a knife, slice the spud open and scoop out the potato from the skin
3. In a bowl, mix the scooped out potato with a teaspoon of butter, ½ tin of baked beans and some grated cheese, then pop the mixture back into the skins
4. Bake/microwave again until the cheese is gooey
5. Why not serve with tomato wedges on the side - Yummy!



## Baked Cheesy Wedges...

1. Cut the potato or sweet potato into wedges - no need to peel!
2. Place on a baking tray and bake in the oven at 200°C/Gas mark 6 for approx. 20mins until crispy at the edges, turning half way through
3. Once cooked, bring the wedges to the centre of the tray, grate cheese on top and place back in the oven until the cheese is melted and gooey
4. Why not serve with ½ tin of baked beans or if beans are not your thing, why not top with tuna mayonnaise? - Delicious!



## Potato Crispies...

1. Peel and dice the potato or sweet potato into small cubes and spread out evenly on a baking tray
2. Bake in the oven at 180°C/Gas mark 4 for 15-20 mins, until the potato cubes are golden and crispy, turning half way through
3. These will be scrummy with baked beans - Tuck in!



# Super Yummy Snacks

You can also use the ingredients to make snacks to keep your child fuelled throughout the day. Check out our tasty suggestions...



## Fruit Cocktail...



1. Take the orange, peel and pull the orange segments apart
2. Grab your banana, peel and chop into slices and put to one side with the orange
3. Carefully core an apple and chop into bite sized chunks
4. Taking all your chopped fruit, portion into a bowl as a healthy snack



## Roast Carrots

1. Peel and cut the carrots lengthways to make carrot chips
2. Place on a lightly greased baking tray and roast in the oven at 200°C/Gas mark 6 for 15mins
3. Carefully remove and enjoy with your lunch!



## Carrot Sticks & Tomato Wedges



1. Peel and chop a carrot into sticks
2. Slice your tomato into wedges
3. Add to a small plate and enjoy as a veggie side to your lunch



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