



A year of Recipe Club

Recipes and Testimonials

WALTHAM FOREST

MY NEIGHBOURHOOD

A word from the Council on the project



When out and about in my role as Cabinet Lead for Children and Young people, it's impossible not to be struck by the real pressures facing families across the borough from the fallout of the pandemic and the cost of living crisis.

We know that nearly 1 in 6 households struggle to access food. We didn't want parents and carers to have to compromise on providing healthy nutritious meals for their families, so worked in partnership with Kids Kitchen to develop our Recipe Club.

The food banks in this borough provide invaluable support to residents, but the Recipe Club was set up as an alternative to this offer, with members of the club receiving a pack containing every ingredient needed to make a nutritious meal for a family of four. The Recipe Club facilitated access to healthy plant-based meals for families in a non stigmatising way, creating

opportunities for children and their carers to come together and cook. Kids Kitchen's relationship based approach to supporting the community has meant that over 60 families received regular food bags as part of this scheme.

It was fantastic to hear from parents and carers how taking part helped to improve their relationship with their children, reduce stress in thinking about what to cook every day and encourage their children to try new foods and develop a sense of ownership and pride in cooking for their families!

It's been a joy to read the testimonials from families who were part of the Recipe Club and it makes me so happy to see the positive impact that this initiative has had on them. I hope you will enjoy trying out the collection of recipes included in this book- I know I will!

- Cllr Alastair Strathern

A word from Kids Kitchen on the project



Kids Kitchen is a social enterprise, building health and community through family cooking. We run stay-and-play style cooking sessions and, through these and other activities, help young children and their adults explore, enjoy and engage with food and each other

 **Over 600 bags picked up**

 **60 plant-based recipes**

Necessity, as they say, is the mother of invention. In the middle of the pandemic we found ourselves no longer being able to cook together in person, so we started putting ingredients in bags and delivering them to families – sometimes to cook along with us online, sometimes with a recipe that they could get on with at home by themselves.

Some of those bags went to families supported by the Early Help Team from Waltham Forest Council and the wonderful Sade Alade, with whom we have collaborated for a number of years.

It was her idea to turn the Ingredients Bags into a Recipe Club – a weekly bag for families across the borough.

This project was bigger than anything we have ever done before but we were up for the challenge as we could see the potential of this making such an impact on so many families. Our team at Kids Kitchen partnered with the Early Help Team to find families who might benefit from our bags. We provided them with our quirky and colourful recipe cards week after week, giving them the opportunity to connect with their children through cooking together.

The appreciative weekly feedback from families has driven us forward through the weeks and months of this project. It has been such a pleasure to meet so many wonderful people; the mums, the dads, the kids, and the teens but also all the wonderful staff at the Children and Family Centres, and the Early Help Team (especially Maeve). We couldn't have done it without all of you!

More than 60 families cooking from scratch across the borough

Recipe Index



Each recipe serves 4 people



best activities
to get the children
involved

Spring Recipes p.6-12

Summer Recipes p.13-17

Autumn Recipes p.18-23

Winter Recipes p.24-29



BATCH RECIPE

This is a batch cooking recipe. Use all ingredients to cook the burger/'Neatballs' base. Use half for the burgers, pop the rest in the fridge and cook tomorrow (or the day after) following the instructions for Spaghetti Neatballs.



BURGER BASE

best activities to get the children involved



Ingredients




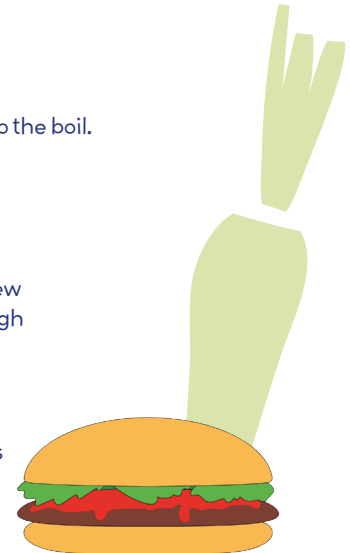
- 2 tins of beans
- 2 onions
- 2 carrots
- 1 bunch of coriander
- Paprika
- Cumin
- 100g flour

TIP

Want to learn to make your own (healthier) ketchup? Join our network to discover the recipe. Just scan the QR code on the next page.

Method

1. **DRAIN** and **RINSE** the beans
2. Put the beans in a saucepan with cold water and bring to the boil. **COOK** for 10 mins
3. **CHOP** the onions (adult might do this to avoid tears)
4. **GRATE** the carrot
5. Gently **FRY** the vegetables with some oil in a pan for a few minutes until soft, **ADD** the spices about half way through
6. **ADD** the beans to the veg and **MASH** 
7. **SNIP** some coriander leaves and add to the mix
8. **MIX** in a spoonful or two of flour until the mixture comes together (keep the rest to toss the patties/neatballs in)



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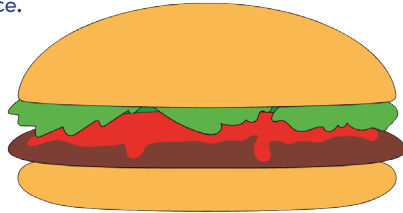
BURGERS

Ingredients

- half the burger base
- lettuce
- buns
- ketchup

Method

- **SHAPE** the burger patties, cover with a some of flour and **FRY** with a bit of oil. Slice the buns, add ketchup and the lettuce.



TIP

Fancy some coleslaw with your burger? Grate any root veg, cabbage and even apples you have in the house and combine with some mayo!

SPAGHETTI NEATBALLS

Ingredients

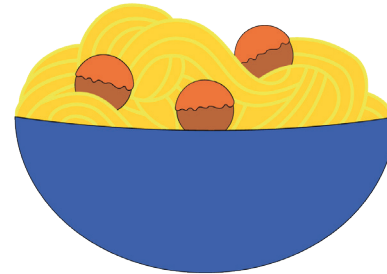
- half the base
- 500g of spaghetti
- garlic
- 1 tin chopped tomatoes



Scan this code to join our network for more recipes

Method

- **ROLL** the mixture into balls and **ROLL** in a bit of flour. Gently **FRY** in oil. Add some garlic (little ones love to use a garlic press!) and a tin of tomatoes. **COOK** for 10-15 mins. Serve with pasta.



Waltham Forest

SPRING RISOTTO



Ingredients

- 2 spring onions
- 1 clove of garlic
- 250g of arborio rice
- 2 courgettes
- 1 bag of fresh peas
- 1 stock cube
- 2 tbsp. olive oil
- Parmesan (optional)



TIP

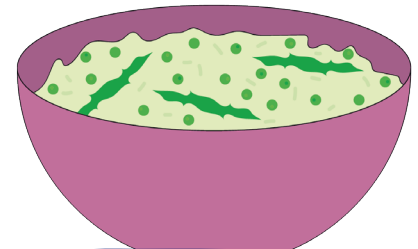
Fresh peas are so much fun for little hands to get out of the pods. I remember doing that with my gran...
Frozen peas would also work here
Alice - Kids Kitchen

Method



best activities to get the children involved

1. **CHOP** the courgettes, **SNIP** the spring onions and **PRESS** the garlic. 
2. **POP** the peas out of the pods and put in a bowl 
3. **BOIL** about 700ml of water and add the stock cube
4. **FRY** the onions and the garlic in a bit of oil in a medium size pan
5. **ADD** the rice and **STIR** for a couple of minutes then add the peas and courgettes
6. **ADD** the stock a bit at the time and **STIR** often
7. **COOK** the rice for 20-25 mins
8. Take off the heat and add parmesan if using



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FRITTERS

Ingredients

- 1 courgette
- 1 spring onion
- 1/2 bag of peas
- 200g of flour
- 4 large tomatoes
- 1 Lemon
- Oil

TIP

Kids love grating!
Just do it together
to avoid grated
fingers...



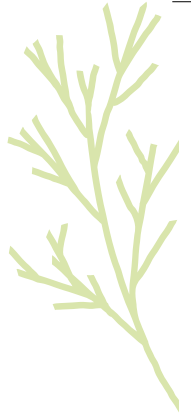
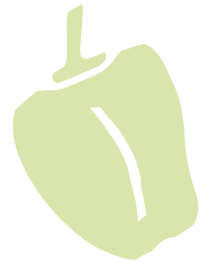
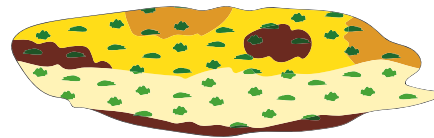
TIP

Don't have a garlic press? A fork
would work just as well!

Method



1. **GRATE** the courgette, **POP** the peas out of the pods, **CHOP** the spring onion
2. **PUT** the courgette in a bowl and **SQUEEZE** so they release their liquid. **ADD** the spring onion and peas
3. **ADD** the flour a spoonful at the time until you get a sticky batter (you might need to add a bit more water as well)
4. Heat some oil in a pan and **SPOON** the mixture on the hot pan and cook for a few minutes. **FLIP** half way through
5. **CHOP** the tomatoes and toss with a bit of oil and squeezed lemon
6. Serve the fritters with the tomato salad



BATCH RECIPE

This is a batch cooking recipe, use all ingredients to cook the bean mix. Use half to cook in the wraps and half for the sweet potato recipe.



BLACK BEAN MIX

Ingredients

- 2 tins black beans
- 1 tin of sweetcorn
- 1 tsp. Cumin
- 1 tsp. paprika
- 2 carrots
- 1 pepper
- 1 onion


TIP

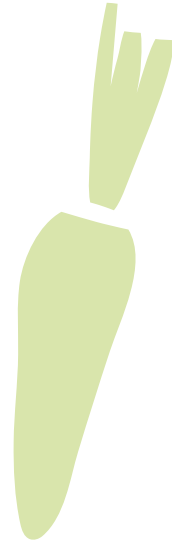
Left over cheese that needs using up? You could use the bean mixture and tortilla to make some quesadillas!

Method



best activities to get the children involved

1. **CHOP** onion and pepper. **GRATE** the carrots
2. Shallow **FRY** the veggies for a few minutes then **ADD** the spices. Set aside
3. **COOK** the beans in water (as per tin instructions)
4. **ADD** the veggies to the beans and gently **MASH** 
5. **ADD** the drained sweetcorn and **MIX** well



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BEAN WRAPS

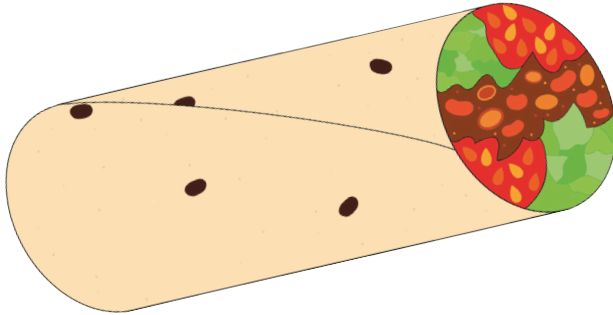
Ingredients

- half the bean mix
- 4 tomatoes
- 1/4 bunch of coriander
- 1 lime
- 2 tortillas per person

Method

CHOP the tomatoes, **SNIP** the coriander. **POP** in a bowl with seasoning and a **SQUEEZE** of lime.

POP the bean mix in the centre of the tortilla and put the tomato salsa on top. **WRAP** and enjoy.



LOADED SWEET POTATO

Ingredients

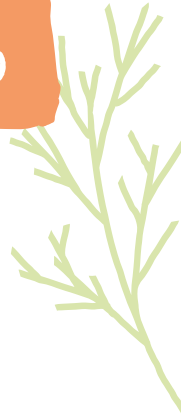
- 1 sweet potato per person
- left over bean mix

Method

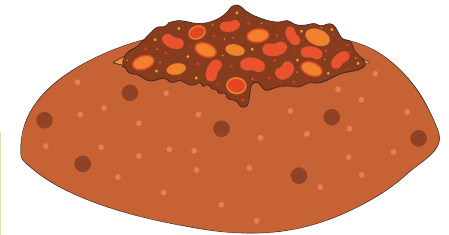
PIERCE the sweet potatoes with a fork and pop in the oven at 200 C/gas mark 6 for about 50 mins or until soft.

Once they have cooled down a bit cut them in half. **SPOON** out some of the flesh and **MIX** in with the leftover bean mix.

SPOON the mix back in the potato and **POP** back in the oven for 5-10 mins.



Scan this code to
join our network
for more recipes



COUSCOUS VOLCANO



Ingredients

- 1 carrot
- 1 courgette
- 1 spring onion
- 1 tin of chickpeas
- 1 pepper
- 250g of couscous
- tomato paste
- oil
- 1/2 lime



TIP

Kids love this recipe, I think it's all down to the lava drama. Make sure you allow time for that!

Method



best activities to get the children involved

1. **POUR** the couscous in a large bowl. **POUR** over double the amount of boiling water, salt (if using) and a little bit of oil. **COVER** and set aside
2. **CHOP** the pepper, **SNIP** the spring onion and coriander, **GRATE** the courgette and carrot.
3. In a jar with a tight lid, **POUR** two tablespoons of oil, salt, tomato paste, a **SQUEEZE** of lime and a bit of water. **SHAKE IT!** to make the dressing 
4. **MIX** together the couscous, the veggies and the chickpeas.
5.  **PUT** the mix into a plastic cup or bowl and pat down (as if you were making a sand castle!), **TURN** it over on a plate and voilà!
6. **POUR** the 'lava' dressing on top



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NOODLE SALAD

Ingredients



- 1 pack of rice noodles
- 1 carrot
- 1 pepper
- 1 cucumber
- 1 spring onion
- 4 tbsp. of soy sauce
- 1/2 lime
- 4 tbsp. of oil





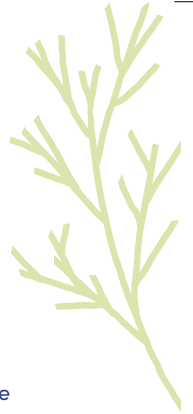
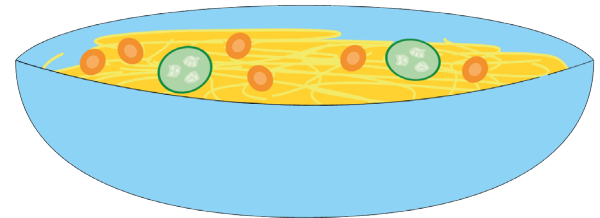
TIP

Sesame oil works very well in this dish but any oil will do!

Method



1. **BOIL** some water and pour over the rice noodles,
2. **COVER** and set aside
3. **GRATE** the carrot, **SNIP** the spring onion, **CHOP** the pepper and cucumber
4. In a tight lid jar **POUR** the soy sauce, **SQUEEZE** the lime and add 3 tbsp. of oil. **SHAKE** well 
5. **DRAIN** the noodles and **REFRESH** in cold water to prevent them from sticking. Set aside
6. **ADD** the vegetables to the noodles and **MIX** well
7. **POUR** the dressing on top 



RATATOUILLE

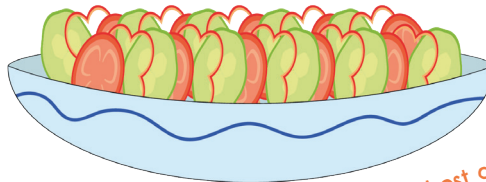


Ingredients

- 2 aubergines
- 2 courgettes
- olive oil
- 1 onion
- 1 clove of garlic
- 1 pepper
- 2 tins of tomatoes
- basil

TIP



This recipe has so many possible uses. Kids love pasta? This also makes an incredible pasta sauce



best activities to get the children involved

Method



1. **SLICE** the aubergines and courgettes. **SPRINKLE** with salt **POP** in a colander and leave for 30 mins to allow all the bitter juices to drain
2. Meanwhile **CHOP** the onion and peppers. **PRESS** the garlic 
3. Heat the oil in a large saucepan, **ADD** the onion and gently fry until soft but not brown
4. **RINSE** the aubergines and courgettes, dry with a clean tea towel and **CHOP**.
5. **ADD** the garlic and the veg to the pan, cover and cook gently for about 30 mins, or until tender. **TEAR** the basil. 
6. Finally **ADD** the tomatoes and basil, simmer uncovered for 30 mins.

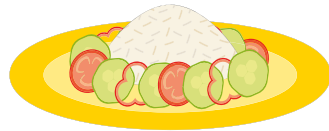
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RATATOUILLE WITH RICE

Ingredients

- half the ratatouille
- 250g of rice



Method

Cook the rice as per pack instructions. Serve with the Ratatouille on top.

TIP

No kids-safe knives? After cutting the peppers into strips yourself, offer your little chefs a pair of scissors to snip the pepper strips into smaller pieces.



PANCAKES FULL OF VEG

Ingredients

- half the ratatouille
- 250g of gram flour
- warm water (about 500ml)

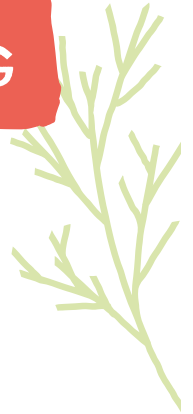
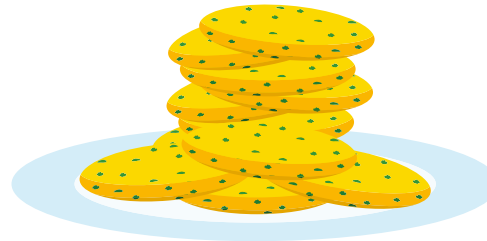
Method

ADD gram flour to a large bowl and **POUR** the water in slowly and **WHISK** until you get the consistency of pancake batter.

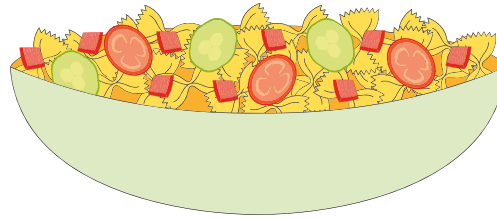
Pour **OIL** on a non-stick pan and get it nice and hot (careful kiddies!).

SPOON the mixture into the hot pan and cook for a few minutes. Once it is nice and cooked on one side flip over.

POP in the filling in and **FOLD** over.



PASTA SALAD



Ingredients

- 500g pasta
- 2 peppers
- 2 tomatoes
- 1 courgette
- 1 can of cannelloni beans
- a handful of basil
- 1 box of silken tofu
- handful of olives
- 2 spring onions
- 1 clove of garlic

Method



best activities
to get the children
involved



1. **CHOP** peppers, tomatoes and olives, **SNIP** the spring onions and **GRATE** the courgette
2. **COOK** the pasta and let it cool (add a small amount of oil so it won't stick)
3. **PRESS** the garlic, **TEAR** the basil and combine with the tofu to make a sauce, set aside (you can use a blender if you have one to make it super smooth)
4. **MIX** the pasta with the veg and **ADD** the tofu sauce



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BEET FALAFEL WRAP

Ingredients

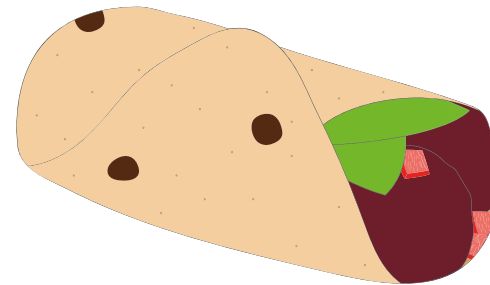
- 1 beetroot
- 1 pepper
- 1 can of chickpeas
- 2 tomatoes
- 1 clove of garlic
- parsley
- 1 tsp. cumin
- 1 or 2 wraps per person

TIP

If you don't have a food processor, smash the chickpeas with a fork and add some flour to combine with the grated beet and chopped parsley

Method

1. **GRATE** the beetroot, **SNIP** the parsley, **CRUSH** the garlic
2. **PUT** the above ingredients, plus the chickpeas and the cumin, into a food processor and **BLITZ**
3. **SHAPE** into round balls and **SHALLOW FRY** in a pan or cook in an oven at 190 C/gas mark 5 for 10-15 min
4. **CHOP** the tomatoes and peppers
5. **ADD** the tomato and pepper salad to the wrap,
6. **POP** the falafels on top and **WRAP UP!**



LENTIL BOLOGNESE



Ingredients

- 2 onions
- 4 carrots
- 2 celery stalks
- 2 garlic cloves
- 2 tins lentils
- 2 tins chopped tomatoes
- 1 tsp. of dried oregano



TIP

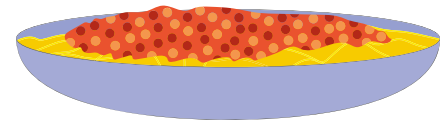
Do you have any sad looking veg lurking at the back of the fridge? Why not grate those into the sauce as well?

Method



best activities to get the children involved

1. **CHOP** onion and garlic (the onions might be a grown-up job to avoid tears, but little ones love to use a garlic press!) 
2. **GRATE** carrots and celery 
3. Gently **FRY** the vegetables with some oil in a pan on a medium heat for 5-10 mins
4. Once the veg are soft **ADD** the tinned tomatoes
5. **COOK** the tomatoes for another 5-10 mins and then **ADD** the lentils
6. **COOK** for a further 5 mins (or more depending if you like your lentils mushy or with a bit of bite)
7. Season with salt and pepper to taste



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SPAGHETTI BOLOGNESE

Ingredients

- 1/3 of the lentil bolognese
- 500g pasta



Method

Cook pasta according to packet instructions. Use the bolognese as a base for a lovely pasta sauce. Just **ADD** a bit of the pasta cooking water to loosen it up.

TIP

GRATING is an activity all kids love. There just needs to be a bit of supervision to avoid grated fingers!

Or if you can't supervise, **MUSHING** is a great way to let them just get on with it



SHEPHERDESS PIE

Ingredients

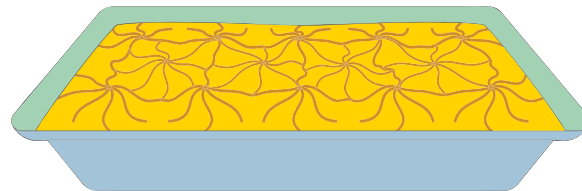
- the rest of the bolognese
- 3-4 potatoes
- 1 tin peas



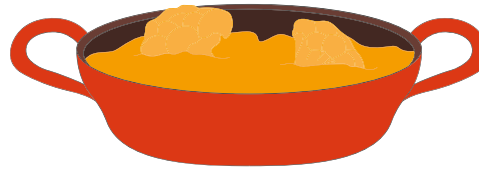
Method

ADD the peas to the lentil sauce and **PUT** in an oven safe dish. **BOIL** the potatoes until soft and then **MASH** (another favourite with the little ones, just let the potatoes cool down first).

SPREAD the mash on top of the lentils (you can **BRUSH** some oil on top to help it brown) and cook in a hot oven (180C/gas mark 4) for 20 mins.



CAULIFLOWER CURRY



Ingredients

- 1/2 a head of cauliflower
- 1 carrot
- 1 onion
- 1 thumb size piece of ginger
- 1 clove of garlic
- 1 tsp. garam masala spice mix
- 1 tin chopped tomatoes
- 1 tin chickpeas
- 250g rice


TIP

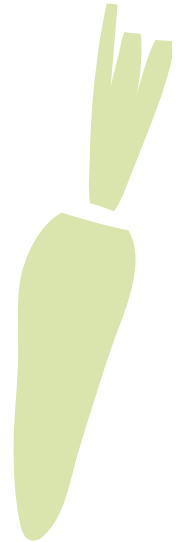
Kids love breaking off the cauliflower florets with their hands, let them get on with that while you do some of the more grown-up jobs (like cutting onions)

Method



best activities to get the children involved

1. **BREAK** the cauliflower into florets then **CHOP** them in half (you want large pieces), **RUB** them with oil and **ROAST** in an oven at 180C/gas mark 4 for 15 min or until soft.
2. In the meantime, **CHOP** an onion, **GRATE** the carrot, **GRATE** the ginger finely and **CRUSH** the garlic 
3. Gently **FRY** the veg, garlic and ginger
4. **ADD** the garam masala, **STIR** then **ADD** chopped tomatoes and **STIR**. **COOK** for 10 mins.
5. **ADD** chickpeas and cook for another 10 mins
6. **ADD** half the roasted cauliflower to the sauce (keep the rest for tomorrow's recipe)
7. **COOK** the rice according to pack instructions and serve with the curry



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PUMPKIN GNOCCHI

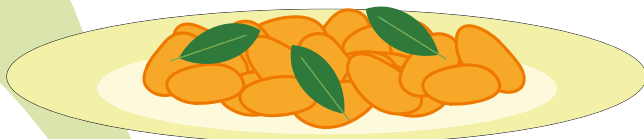
Ingredients

- 1/2 a pumpkin or squash
- 1 potato
- 500g flour
- sage
- olive oil or butter



TIP

Carving pumpkins this Autumn?

Why not use the scraps to make this recipe again?



Method

1. **PREHEAT** the oven at 180/gas mark 4. Drizzle the pumpkin with a bit of oil, season and roast whole for about 30 mins or until soft
2. **BOIL** the potato for 15-20 minutes or until soft
3. Once cooled, **SCOOP** out the pumpkin and **MASH** with the potato in a large bowl 
4. **ADD** the flour to the mixture a bit at the time until the dough comes together, it should still be quite soft
5. **ROLL** the dough into sausage shapes and then cut in 2 inch chunks 
6. **BOIL** some salted water and **POP** in the gnocchi. They are ready when they come up to the surface, **SCOOP** them up and put in a colander
7. **WARM** the oil or **MELT** the butter, **TURN** the heat way down **ADD** the sage. **TOSS** the gnocchi through and serve



PASTA E FAGIOLI



Ingredients

- 1 onion
- 1 carrot
- 1 stick of celery
- 1 tin chopped tomatoes
- 1 clove of garlic
- sage
- 1 tin borlotti beans
- 400g of conchiglie pasta
- 1 stock cube

TIP

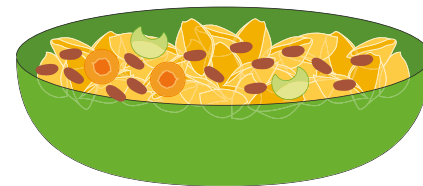
This is one of those recipes that is even better the next day. Embrace the leftovers!

Method

best activities to get the children involved



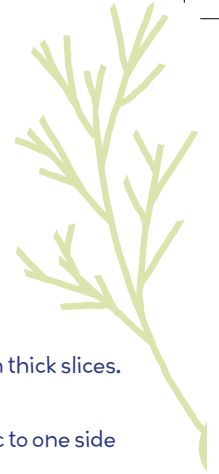
1. **CHOP** the onion, **GRATE** carrot and celery. **CRUSH** the garlic and **SNIP** the sage
2. **FRY** the vegetable for a few minutes in a large saucepan. **ADD** the garlic and sage. **ADD** the chopped tomatoes and **STIR**
3. **ADD** 700ml of water and the stock cube. Bring to the **BOIL**, let it simmer and reduce for 10 mins
4. **ADD** the beans and the pasta. **COOK** until the pasta is cooked to your liking and the sauce is quite reduced
5. Adjust the seasoning and add Parmesan if using



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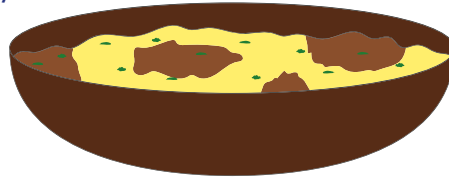
POTATO AND CELERIAC GRATIN



Ingredients



- 1/2 head celeriac
- 3-4 potatoes
- 1 onion
- 2 cloves of garlic
- 2 heaped tbsp. plain flour
- 1 stock cube
- 1 cup of your choice of milk
- 2 cups breadcrumbs
- rosemary



TIP

Want to make your own stock? Keep (clean) veg scraps in the freezer and when you have enough boil with salt and herbs

Method



1. **PREHEAT** oven to 180C/gas mark 4
2. **PEEL** the potato and celeriac and **SLICE** into 1cm thick slices. Submerge in water until you need to use them
3. **CHOP** the onion and garlic, leaving half the garlic to one side for the topping
4. **FRY** the onion and remaining garlic in about 4 tbsp. of oil (or butter) until softened but not browned. **SPRINKLE** on the flour and **TOAST** gently
5. Make the stock by **ADDING** the cube to 2 cups of boiling water. **POUR** stock, slowly, whilst stirring, into the onion and garlic mixture to make a smooth sauce. Do the same with the milk. **SIMMER** gently until it thickens. **SEASON** to taste
6. In an oven-proof dish **LAYER** the potatoes, celeriac and sauce (you'll probably get about three layers)
7. **SNIP** rosemary and add to the breadcrumbs with the remaining garlic, a bit of oil and seasoning. **SPRINKLE** this mixture over the top of the vegetables
8. **BAKE** for 40 to 45 mins until cooked through and bubbling



CHILLI WITH BUTTERNUT SQUASH



Ingredients




- 1 onion
- 2 carrots
- 1 celery stalk
- 1 green pepper
- 2 garlic cloves
- 1 tin kidney beans
- 2 tsp. of smoked paprika
- 2 tsp. of cumin
- 1 tin other beans or lentils
- 1 tin chopped tomatoes
- 1/2 butternut squash
- 1 lime
- 250g of rice

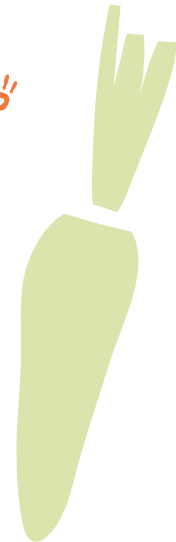


Method



best activities
to get the children
involved

1. **CHOP** onion and **PRESS** the garlic. **PEEL** and **CHOP** the butternut squash. 
2. **GRATE** carrots and celery
3. **POP** the butternut squash (with some oil) in an oven at 180C until soft (about 20-25 mins)
4. Gently **FRY** the vegetables with some oil in a pan on a medium heat for 5-10 mins and **ADD** the spices. Once the veg are soft **ADD** the tinned tomatoes
5. **COOK** the tomatoes for another 5-10 mins and then **ADD** the 2 tins of beans
6. **COOK** for a further 10 mins or until the beans are cooked
7. **ADD** the roasted butternut squash and season to taste and **ADD** a squeeze of lime
8. **SERVE** with rice



Visit www.kidskitchen.org.uk/recipeclubwf for videos, more tips and our contact details

BATCH RECIPE

This is a batch cooking recipe, use all ingredients to cook the stew and serve it with rice on the first day. Use the leftover stew and rice to make the stuffed peppers



CARIBBEAN STEW

Ingredients


- 2 tins black eye peas
- 2 tins red kidney beans
- 4 spring onions - white & green parts
- 2 stalks of celery
- 2 carrots
- 1 green pepper
- 1 tsp. thyme or 3 sprigs if fresh
- 2 tsp. paprika
- 1 tsp. allspice (optional)
- 4 garlic cloves
- ½ thumb sized fresh ginger
- 2 tbsp. of oil
- 1 lemon

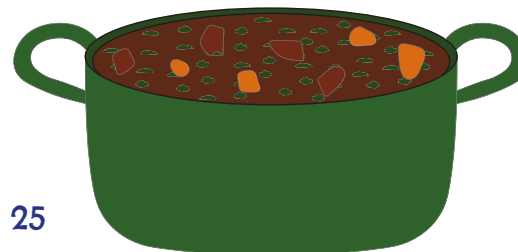
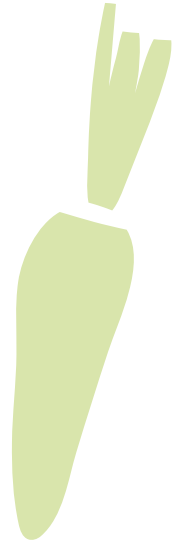


Method



best activities
to get the children
involved

1. DRAIN and WASH the beans CHOP the carrots, celery and green pepper. SLICE the ginger and PEEL the garlic (leave it whole)
2. SNIP the spring onions and TEAR the thyme leaves from the stalk. 
3. In a large saucepan gently FRY the spring onions, garlic, ginger slices, celery, carrot and green peppers. until they start to brown. ADD the paprika, thyme and allspice (if using)
4. ADD the drained beans and just enough water to come just to the surface of the beans and vegetables
5. BRING to the boil, cover, turn heat to low and simmer for 20 mins. CRUSH the now softened garlic cloves against the side of the pan. ADD the lemon juice and pepper to taste, DISCARD the ginger



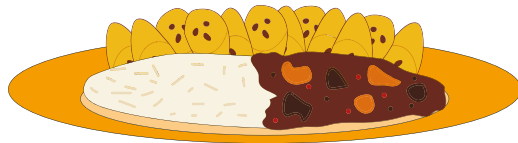
STEW AND RICE

Ingredients

- Stew
- 400g rice
- 1 plantain

Method

Cook the rice as per pack instructions. **CUT** the plantain on the diagonal and gently **FRY** for a few minutes. Serve the stew with the rice and the plantain. Use the leftovers for the next recipe



TIP

The little ones can use kids scissors instead of knives. Especially to SNIP leaves.



STUFFED PEPPERS

Ingredients

- leftover stew
- leftover rice
- 4 Peppers

Method

CUT the peppers in half, **REMOVE** the seeds and white bits

COMBINE the leftovers to make a rice and bean filling to stuff the peppers with. **COOK** in the oven at 180C/gas mark 4 for 15-20 mins



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BATCH RECIPE

This is a batch cooking recipe, use all ingredients to do the filling. Use half for the butternut squash dish and half for the Wellington



STUFFING BASE

Ingredients

- 1 onion
- 1 leek
- 1 celery stalk
- 1 carrot
- handful of mushrooms
- handful of fresh cranberries
- sprig of thyme
- 2 tins of lentils

TIP

Dough is a fantastic sensory experience. Just let them explore and knead away...

Method



best activities to get the children involved

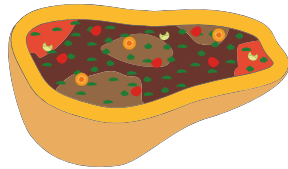
1. PREP the vegetables. The kids can GRATE carrots and celery, they can BREAK the mushrooms with their hands or even USE kids scissors for the cranberries. You can get on with onions to avoid tears!
2. Gently FRY the onions then add the other veggies and cook for 10-15 mins until soft
3. In a large bowl MIX the vegetable with the drained lentils
4. PULL the thyme leaves off the sprig from the thicker end to the tip and ADD to the bowl
5. ADD the thyme and season well



STUFFED SQUASH

Ingredients

- 2 butternut squash
- half the stuffing
- oil



Method

CUT the butternut squash in half, **DRIZZLE** with oil and season. **ROAST** in the oven at 180C/gas mark 4 for 40 min until soft. Let it cool and the **SCOOP** out some of the flesh, **MIX** it with the stuffing and pop back into the squash. Put back in the oven for another 20 mins until the stuffing is warm through.



TIP

For instruction on how to make simple pastry head over to our YouTube Channel for some instructional videos: <https://www.kidskitchen.org.uk/cooking-at-home/>



VEGGIE WELLINGTON

Ingredients

- 200g plain flour
- water
- 2 tablespoons oil
- half the stuffing



Method

POUR flour into a bowl. **ADD** salt and pepper. **POUR** in 70 ml of water. **MIX** well. **ADD** oil. **KNEAD** the dough - you may need to add more water or flour to get the right consistency. Let it rest for 30 mins and then **ROLL** the dough out onto a floured surface. **MAKE** the stuffing into a large sausage shape and place on top of the pastry and roll the pastry around it. **CRIMP** the edges with a fork, **PUT** some slits on the top. You can use some egg wash or milk to help the pastry brown. **COOK** in a hot oven (180 C/gas mark 4) for 40-45 mins.



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YUMMY TREAT

As a special festive treat here is our Mince Pie recipe. For full Video instructions head to our Website www.kidskitchen.org.uk/cooking-at-home/ and check out our YouTube channel.

MINCE PIES








Ingredients

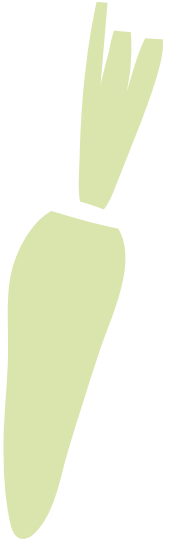
- 1 handful of dates
- 2 apples
- 1 cup of raisins
- 1/2 cup candied peel
- 1 tsp. cinnamon
- 1 tsp. mixed spice
- 2 oranges
- 200 g flour
- 6 tbsp. oil
- 4 tbsp. of water (or more as required)

Method



best activities to get the children involved

1. CHOP up the dates, GRATE the orange peel 
2. SQUEEZE the orange to get the juice 
3. GRATE the apple
4. MIX apple, raisins, candied peel, orange juice, dates and spices
5.  MIX flour and oil. ADD the water slowly to form a soft dough. REST for 30 mins
6. ROLL the dough and CUT round shapes (with a cup or biscuit cutters) and place the rounds in an oiled muffin tin 
7. SPOON in the filling. CUT shapes out of the remaining dough and place on top of the filling 
8. BRUSH with your choice of milk and BAKE for 10-15 mins at 180C/gas mark 4 until golden



Testimonials from Families



“I didn’t really know what to expect when I signed up but I’m so happy that I did. My children and I enjoyed the recipes and it was eye opening for me that recipes without any meat could be so tasty! It was also a great opportunity to bond with my children and teach them about shopping locally and making meals go further.”

“The things that I’ve learnt will remain with me and I hope to pass on my knowledge to others to show them that shopping locally and cooking nutritious and tasty plant-based meals is really the best way”

“My son, who is five, had no interest in food. Getting him to eat fun foods like chips, nuggets, pizza or even getting him to eat anything seemed impossible. But after joining Recipe Club, my son enjoyed opening up the bag to see what was inside and slowly grew to start eating.”

“Recipe Club had a big impact on bringing our relationship together, cooking together gave us something to work with”

“As a member of Recipe Club, I have been given ideas about how to introduce my two children to fresh and nutritious meals through play. My older autistic son’s sensory issues in the kitchen have been alleviated with his involvement in the making process from fun activities such as mashing and cutting. Exploring the different textures of vegetables, herbs and grains has helped desensitise him to different food-type textures”





“Recipe Club has been a breath of fresh air at an extremely difficult time personally. Being able to cook fun and nutritious meals with my son has been such a blessing and a great bonding experience. Not only have we made wholesome meals together, we have also made memories. Our favourite recipes will be used long into the future!”

“My son was over the moon and so excited that he started his recipe before lunchtime, there was no way he would have lasted until dinner! He found the instructions clear and very easy to follow, he was very excited to be making things he hadn’t had before (plantains). He did all the prep work and only needed minimal help when it came to cooking (although I didn’t really let him operate the stove top for the frying but he did do the stirring). It gave him the feeling of ownership and pride that he could make a dinner for us”



Testimonials from Staff



"Cooking connects you and being part of the Recipe Club delivery team, those connections have been heart-warming.

From going to the Food Hub and the same local shops, names are exchanged, greetings given and after a few months the news sharing and banter starts!

With the families, we look forward to being each other and worry when one of us doesn't show up. Each week, we begin to chat, relax, and share not only news but recipe ideas. We swap them and gift each other small ingredients, and so it goes on.

From all this, there is the hope to connect families to each other. Being together and talking, exploring, tasting and playing is the best way to connect with little ones no matter how young. And if it gets you all lunch, what another fab way to connect!"

Sam - Session Leader, Kids Kitchen

"Recipe Club has been one of the projects I'm most proud of. Seeing families connect with each other through food has been very precious. And I hope we have lightened the burden a little on family budgets and the stress related to getting meals ready every day!"

Alice - Co-ordinator, Kids Kitchen



Sam and Alice - Kids Kitchen



Carmen - Kids Kitchen



“I think what you guys do is amazing and it has helped families in a massive way and I see that the families look forward to a new recipe every week and seeing what’s new in the bag, I also know it’s helped families build bonds together through preparing meals together and experiencing new foods and being able to introduce/provide a healthy meal for their families”

- Lisa

“I’m so happy to have been a part of this collaboration with Kids Kitchen. It’s been brilliant working on such an innovative project which aims to support families access healthy free meals in a non stigmatising way, during this very difficult time as we have come out of the pandemic straight into a cost of living crisis.”

- Sade

“Recipe Club is a great idea and the ingredients are a lovely quality. I like that not only white flour/rice and pasta ingredients are used in the recipes but have added the healthier option of wholemeal rice and pasta.”

- Janet

“Kids Kitchen inspires families to cook meals together and build positive attachments within the home and their community. The joy of working with families and carers is a social connector that empowers and encourages each other to have fun.

I have observed families collect ingredients and share their experiences, experiencing enhanced wellbeing and mental health, and adopting new skills”

- Kathleen



What we have learned about where to buy food locally and affordably



Hornbeam - food rescue organisation and pay-what-you-feel community café
www.hornbeam.org.uk

Paradox Centre - Social Pantry in Chingford, E4

www.yourlocalpantry.co.uk/pantry-listings/london-peabody-pantry-paradox-centre/

There are a few food co ops in the borough. For more info email foodrescue@hornbeam.org.uk

Cooperation Walthamstow meets every Tuesday at the Crate in St James, E17

Hornbeam Cooperation meets every Wednesday at Hornbeam on Hoe Street, E17

Stafford Hall Food Pantry every Thursday at 3 pm from next to St Barnabas Church, E17

Organiclea - local seasonal organic veg box scheme - <https://www.organiclea.org.uk/>

Locally-sourced veg at **Nourishing Communities**, Blackhorse Road, E17

We purchased the produce for the project in various local shops and supermarkets.

Special thanks to **Supermart** in Highams Park, **Express Food Center** on Leytonstone High Road/ Cathall Road, and the **International Supermarket** in St. James Street, and also to our wonderful **Walthamstow Market**, where you can get some real bargains!

We also used surplus food from Hornbeam (thank you Jerry, Isil, Jess and Sophie at The Hornbeam, and Rich at City Harvest) and worked with Suma, an organic cooperative wholesaler. Thank you Danny from The Better Food Shed