

# Quick Meals for Children

When time, creativity and ingredients are in short supply try these handy recipes suggested to us by other mothers.

Any of the fresh vegetables can be substituted with frozen vegetables. Keep a bag of mixed vegetables in the freezer just in case.

## Ingredients for Fridge, Freezer and Pantry

### Fridge

Cheese  
Milk  
Broccoli  
Carrots  
Left over meat or BBQ chicken  
Sliced Ham  
Zucchini  
Eggs  
Avocado

### Freezer

Puff Pastry Sheets  
1 bag frozen mixed veges

### Pantry

Canned Corn  
Canned Tuna  
Potatoes  
2-minute noodles  
Canned Cannellini Beans

## Cheat's Quiche

*A quick one that can be served with whatever vegetables you have in the fridge. For simplicity we've suggested avocado. Ingredients are for 1 child just increase amounts for each additional serve*

### Ingredients

1 slice of ham  
1 egg  
½ cup grated cheese  
1 tsp chopped parsley (if available)  
½ avocado

Pre-heat oven to 180°C.

Grease a muffin tray – only need to do as many holes as you are cooking. Line 1 muffin hole with ham and crack egg into ham. Sprinkle with parsley and cheese. Cook for 10 minutes or until egg is cooked.

Serve with sliced avocado on the side.

## 2-Minute Noodles with Tuna, Corn and Broccoli

*This one gets you by in a pinch. Depending on the age and appetite of your child this can feed 1-2 children. Add extra ingredients for more children.*

*Hint: if you have fresh parsley chop and sprinkle over top.*

### Ingredients

1 packet 2-minute noodles  
100g can tuna  
1 can corn  
½ - ¾ cup broccoli florets  
½ cup grated cheese

Cook 2-minute noodles according to instructions. For the last minute throw in broccoli. Drain and return to pan stirring through tuna, corn and grated cheese.

Serve immediately.

## Potato and Zucchini Frittata

*Allow approx. 2 eggs per child and increase vegetables accordingly. If you're trying to hide the vegetables we suggest grating the zucchini instead*

### Ingredients

1 potato diced	2 tbsp milk
1 small zucchini diced	½ cup grated cheese
2 eggs	

Pre-heat grill for second half of preparation.

Add a splash of olive oil to small frying pan and heat. Add potatoes and cook until golden and cooked through. Remove from pan. Add another splash of olive oil then add zucchini and cook until golden. Return potatoes & zucchini to pan and distribute evenly. Beat eggs and milk together and add to frying pan cooking over a low to medium heat. Cook for 3-5 minutes.

Remove from heat and sprinkle with cheese then pop under grill until remainder of egg is cooked and cheese is melted.

Serve immediately.

Hint: add variety by crumbling over feta cheese and chopped herbs before pouring on egg.

## Puff Parcels

*These parcels can be filled with any vegetable you can get your hands on. Allow approximately ½ -¾ cup of ingredients per child. Cooked parcels can be frozen.*

*The following ingredients are a sample of the many different combinations that can be created for this meal.*

### Ingredients

1 sheet puff pastry	1 can corn
¾ cup left over meat diced	1 carrot finely diced
1/2 can cannellini beans	¾ cup grated cheese

Pre-heat oven to 180°C.

Combine all ingredients in a bowl. If your child is more adventurous try adding a tablespoon of sweet chilli sauce or hoisin sauce.

Cut the sheet of pastry into 4 squares. Place a portion in the centre of each square and close over. Seal with a small amount of milk or water.

Bake for 15-20 minutes or until cooked.