

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

If you're stuck for inspiring healthy recipes, we have come up with some new meal ideas that your toddler will love. They are also family-friendly, so you won't have to worry about making individual meals.

## What skills does this practise?

Healthy Eating

Food Preparation

Organisation

## Further Activity Ideas and Suggestions

For more healthy recipes, take a look at our [Crunchy Rainbow Pasta Salad Recipe](#), [Easy Stir-Fry Recipe](#) or our [Lentil and Spinach Curry recipe](#).

Parents Blog



Twinkl Kids' TV



Homework Help



twinkl

Parents Hub

# Healthy Recipes for Toddlers

## 1 Ham and Mushroom Pasta Bake

Fry 200g of sliced mushrooms in some butter for a few minutes and set aside. Then melt some butter in a pan and add finely sliced spring onions, 50g of plain flour and then gradually stir in 500ml of milk until you have a smooth sauce. Turn up the heat to thicken, then turn off the heat and add in the ham and 140g of cheese. Tip cooked pasta, mushroom and the sauce into an ovenproof dish, sprinkle with cheese and bake for 10 minutes.



## 2 Vegetarian Tacos

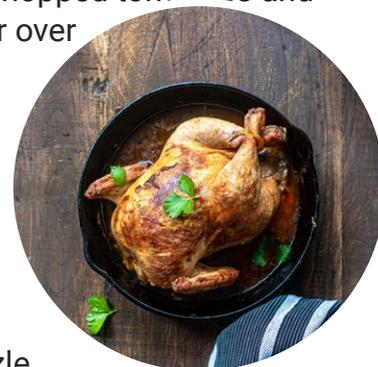
Preheat the oven to 180°C. Tip two 400g tins of mixed beans into a roasting tray along with 100g of frozen peas or sweetcorn, two 400g tins of chopped tomatoes, 1 tsp of oregano, ¼ tsp chilli flakes and 2 tbsp of tomato puree. Mix together, then bake for 15 minutes. For the last few minutes of cooking, put the tacos on a baking tray and warm in the oven. Serve with soured cream, grated cheese and guacamole for a Mexican feast.

## 3 Sweet Potato and Chickpea Curry

Cook one finely sliced onion and then add two crushed garlic cloves, 50g grated root ginger, 1 tsp cumin and 1 tsp chilli flakes to the pan and mix. Then add one 400g tin of chickpeas, 750g of chopped sweet potato and one 400g tin of chopped tomatoes and mix. Add enough water to cover the sweet potatoes and simmer over a low heat for 25-30 minutes. Serve with 200g of basmati rice.

## 4 One-Pan Chicken Dinner

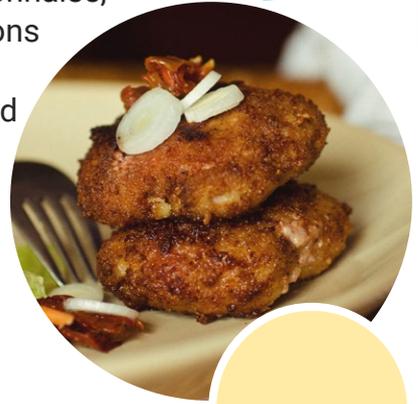
Preheat the oven to 180°C. Place four roughly cut carrots, two small sliced red onions, two chopped parsnips, four chopped potatoes and some rosemary and thyme in a roasting tray. Drizzle with oil and place five chicken thighs and five chipolatas on top. Pour over 150ml of stock and roast for 40-45 minutes.



# Healthy Recipes for Toddlers

## 5 Tuna Fishcakes

Preheat the oven to 180°C. Peel and chop two potatoes and boil for 15 minutes. Drain the potatoes and mash with 1 ½ tbsp of mayonnaise, a large knob of unsalted butter, three thinly sliced spring onions and the grated zest of one lemon. Season and stir in 150g of tinned tuna. Make breadcrumbs by adding two slices of bread to a food processor and pulse. Put your breadcrumbs in one bowl, beaten egg in another and plain flour in a third bowl. Shape the tuna mixture into six fishcakes. Coat in flour, then egg and finally in the breadcrumbs. Bake on a lined baking tray for 15 minutes.



## 6 Mild Chicken Curry

Cook one chopped onion in a pan and add 400g of diced chicken breast. Add 4 tbsp of curry paste, 2 diced sweet potatoes, 400ml of coconut milk, one chicken stock cube and 400ml of boiling water. Bring to the boil, then turn the heat down and allow it to simmer for 15 minutes. You could also add any vegetables you wish, such as red pepper, carrots, peas or sweetcorn before simmering.

## 7 Pork Meatballs

Grate one medium-sized courgette into a bowl. Pat dry to remove any excess liquid. Add 400g of pork mince, one chopped spring onion and one egg yolk. Combine well and make approximately 24 balls using your hands. Cook the meatballs in batches in a pan for 5-8 minutes. Transfer the meatballs to a plate and place one chopped spring onion in the frying pan with one diced carrot and some dried thyme. Cook for 5 minutes, then add 400g of tinned chopped tomatoes. Add 1 tbsp of tomato puree and 150ml of boiling water to the pan. Put the meatballs back into the pan and simmer on a low heat for 15 minutes. Serve with spaghetti or macaroni and a sprinkle of grated parmesan.



# Healthy Recipes for Toddlers

## 8 Salmon Pesto Traybake

Boil 500g of baby new potatoes cut in half for 10 minutes. Add the potatoes to a roasting tin and drizzle with oil, roast for 20 minutes. After, add two diced courgettes, one diced red pepper, one sliced spring onion and 25g of pine nuts to the tray. At the same time, add 3-4 salmon fillets down one side of the baking tray, squeeze lemon juice over the salmon and vegetables. Season everything with pepper and spread each of the salmon fillets with pesto. Cook for 12-15 minutes in an oven.

## 9 Chicken and Tomato Rice

Cook  $\frac{1}{2}$  a diced onion and one crushed garlic clove in a pan. Add just enough water to cover the onion and cook until tender. Add 200g of uncooked rice, 235ml of chicken stock, 200g of chopped chicken breast, 75g of broccoli, 200g of tinned chopped tomatoes, one finely chopped carrot and 1 tsp of tomato puree. Cook for 20-30 minutes until the vegetables are tender. Finally, throw in 75g of peas and cook for a further two minutes.



## 10 Tuna Parcels

Preheat the oven to 200°C. Roll out ready-made puff pastry as thinly as you can and slice it into eight squares. Mix 160g of tinned tuna with 100g of grated cheddar cheese. Put the tuna mixture in the centre of each square and fold into a triangle, seal the edges with a fork and brush the edges with a little water to help them stay sealed. Pop them on a lined baking tray and brush each one with egg or milk. Bake for 15-20 minutes. Serve with a fresh salad.

These recipes may involve the use of knives, hot water and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items such as knives or graters or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.