

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?

It can be really hard to get fussy eaters to eat their vegetables, so we have come up with some creative ways to hide healthy vegetables in popular dishes. Your child will never know they've secretly eaten a healthy and well-balanced meal.

What skills does this practise?

Healthy Eating

Food Preparation

Planning

Further Activity Ideas and Suggestions

For healthy recipes you can make at home with your little one, why not try our [Magic Wand Fruit Kebabs Recipe](#), [Strawberry and Banana Smoothie Recipe](#) or our [Crunchy Rainbow Pasta Salad Recipe](#)?

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Hidden Vegetables

Healthy Meal Ideas for Fussy Eaters

1 Hidden Veggie Sausage Rolls

Many children love sausage rolls, but they aren't the ideal healthy snack as they don't contain any fruit or veg, until now! Why not have a go at making your own? Grate a carrot and a courgette and gently fry to remove the crunch. Roll out your puff pastry and mix the vegetables in with your chosen sausage meat. Roll them up and glaze the tops with egg or milk. Pop them in the oven and you have a tasty treat your children will love.

2 Cauliflower Rice

A great side to any dish is cauliflower rice. Grate the cauliflower into rice-size pieces or use a food processor. Squeeze out any excess water in a clean tea towel, fold over and press. Transfer the cauliflower into a pan and cook for 5 minutes. Season to taste and use it as an alternative to rice.

3 Cheesy Quesadilla

Instead of having just cheese in your quesadilla, you could add a variety of cooked vegetables. Chop up orange or yellow-coloured vegetables like carrots, butternut squash, pumpkin, peppers, sweetcorn or sweet potato and pop them in a hot pan to soften them. Spread them on a tortilla wrap and add a layer of grated cheese and cook each side in a pan. Your toddler won't even notice the vegetables hidden in between the yummy melted cheese.

4 Courgette Brownies

Our Courgette Brownies are rich and moist; a delicious treat for the whole family.

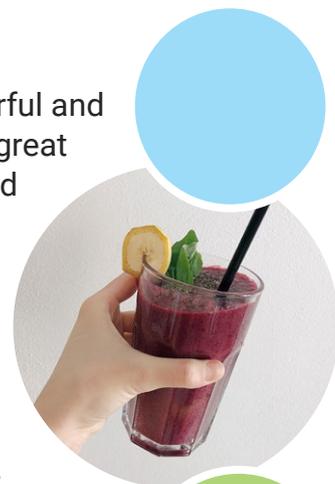
5 Broccoli Pesto Pasta

Steam 250g of broccoli before adding it to a food processor. Then, add 50g of parmesan cheese and 150ml of olive oil. To add to the flavour of your pesto, you could include 1 garlic clove, basil, salt, pepper and 1 tbsp of lemon juice. Feel free to alter the number of ingredients you use to your own liking and taste as you go along.



6 Healthy Smoothies

Why not make your child a juicy smoothie? They are always colourful and you can use their favourite cup and a funky reusable straw. It is a great way to sneak in lots of different types of fruits and vegetables. Add anything you have in the fridge! You could use fresh or frozen. Start with their favourite fruits and then add a vegetable like kale, spinach or carrot for a healthy kick.



7 Cauliflower Tots

Check out our [Cauliflower Tots Recipe](#). They are so delicious your child will never know they are filled with healthy vegetables!

8 Cheesy Green Gratin

Cook cauliflower, broccoli and spinach to your liking, then make your usual cheese sauce. A cheese sauce is generally a mix of cheddar cheese, butter and flour but you can also add mustard and chives. Pour the mixture over your vegetables in an ovenproof dish and cook until golden and bubbling.

9 Veggie Nuggets

Our [Veggie Nuggets](#) are easy to make and very appealing to children. Why not try our recipe above?

10 Tomato Spaghetti

Have you thought of making your own tomato sauce? It's really simple and you can even blitz the sauce in a blender to get rid of any chunks. Cook diced onion, carrots, celery and garlic in a pan and then add chopped tomatoes and oregano. You could even add sweet potato, leek or grated carrot, whatever you have leftover in the fridge! Cook for 10-12 minutes and blitz if you prefer a smoother sauce, season to taste and serve your sauce with cooked spaghetti.



11 Curry Fantastic

Blitz veggies into your curry sauce. Carrots, courgettes, cauliflower and pepper work well.



12 Macaroni Cauliflower Cheese

Check out our yummy [Macaroni Cauliflower Cheese Recipe](#) for a hearty, healthy meal at home.

13 Courgette Cake

Try sneaking grated carrot or courgettes into cakes. Adding grated courgette makes your cake taste moist and light. Your little one will never know their favourite cake is filled with hidden veg.

14 Spinach and Banana Pancakes

Blend 1 cup of oats in a blender and add 1 tsp of baking powder and a sprinkle of cinnamon. Now blend 1 banana, 1 cup of spinach, 1 egg, ½ cup of milk and 2 tbsp of oil until smooth. Mix the wet and the dry ingredients together to make your batter. Cook your pancakes in your usual way and serve with your choice of toppings.

15 Courgette Fries

Cut a courgette into strips, roll them in flour, dip them in egg and cover them with a mixture of breadcrumbs and parmesan cheese. They can either be baked in an air fryer or an oven.

16 Roasted Vegetable Pasta

Roast peppers, onions, courgette and garlic in a pan in the oven. Meanwhile, heat a tin of chopped tomatoes in a saucepan. Add basil, salt and pepper and your roasted vegetables. You could blitz the sauce to make it smooth or leave it chunky. Serve with pasta and top with a sprinkle of parmesan.



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.