



Tummy Fillers for Happy Children

We know it's not always easy to come up with exciting meals for the children during school holidays - here are some of our favourite ideas for simple lunches, to put a smile on their faces.



Jacket Potato and Toast Toppers

Potatoes and toast don't need to be plain and boring – you can make fully balanced, tasty meals with just a few extras!

- **Baked beans** and grated cheese, with tomato and cucumber slices on the side
- **Tuna mayo:** Mix drained tuna with tinned sweetcorn or chopped cucumber and a spoonful of mayo or yoghurt. Also a great sandwich filler!
- **Scrambled eggs:** Crack eggs in a bowl (1-2 per person), add a splash of milk or water and season to taste, and whisk with a fork until well mixed. Cook in microwave or on the hob for a few minutes, stirring regularly. Add chopped tomatoes once cooked.
- **Cheese and tomatoes:** Either sliced fresh tomatoes or warmed tinned tomatoes, topped with grated cheese
- **Ham salad:** Mix chopped ham, diced tomatoes, cucumber and sweetcorn with a spoonful of yoghurt or mayo.
 - **Chilli beans:** see guide below

Quick Chilli Beans

Super quick, tasty and filling, these chilli beans are perfect for potatoes, toast, pasta or rice.

Simply chop up **any veg you have** (onions, carrots, celery and peppers work well), and fry on a medium heat for 5-10 minutes

Add a **tin of tomatoes, a tin of baked beans** (and any other tins you have like kidney beans or lentils, drained), then **spice it up** however you like. Pepper, mixed herbs, garlic, chilli powder, cumin, paprika, curry powder... don't be afraid to experiment!

Cook for 5-10 minutes until hot, then serve.



Pasta Salad Bowls

Ingredients:

- Pasta (large handful per person)
- Tinned tuna (drained) or cooked ham (chopped)
- Tinned (drained) or frozen sweetcorn and/or peas
- Tinned mandarin or peach segments (drained)
- 3-4 spoons of salad cream, mayo or yoghurt (to taste)



Method

1. Cook the pasta according to the packet instructions, then drain and cover in cold water. Once cooled, drain again.
2. If you are using frozen vegetables, add them to the pasta 2-3 minutes before it finishes cooking.
3. Add the drained vegetables (if tinned), fruit segments, and salad cream/mayonnaise to the pasta and mix well
4. Add the tuna/ham and mix in, before serving.

Omelette Fillers

Omelettes are an easy hot lunch, and you can vary them with lots of different fillings to keep them interesting:



- Cheese and tomatoes
- Cheese and ham
- Ham and tomatoes
- Cheese and onion
 - Ham and onion
- Tomato and sweetcorn

Fruit Jellies

A fun way to make a sweet treat with the children!

Ingredients:

- Packet of jelly (any flavour)
- Tinned fruit cocktail or mandarin, or a sliced banana

Method:

1. Make up the jelly as instructed on the packet
2. Strain the juice from the tinned fruit (if using) and add the fruit to the jelly mixture.
3. Allow to cool and refrigerate to set.



Alternatively, make up the jelly with only **half the water** recommended, then **top up with milk once cool**. Add fruit and leave to set.

Pancakes

Mix **2 beaten eggs** with **110g plain flour** and **300ml milk** into a batter. Cook in a hot frying pan with a drizzle of oil for about 3 minutes on each side, until golden brown.

Top with **sliced banana or drained tinned fruit slices** for a delicious breakfast or pudding!



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