

pharma  dynamics

ALLERGY FRIENDLY recipes



BROUGHT
TO YOU BY



texa allergy

CETIRIZINE DIHYDROCHLORIDE 10 mg

#1 non-drowsy antihistamine
in South Africa¹

ALLERGY-FRIENDLY FAMILY RECIPES

Has your child recently been diagnosed with a food allergy? Not sure where to start? We are here to support you on your new journey with some lovely recipes, perfect for the whole family to enjoy.

All the recipes in this booklet have been made **WITHOUT** any of the following food allergens:



EGG



DAIRY



NUTS



GLUTEN



FISH

There are eight recipes in this booklet, ranging from breakfast ideas to suppers and even a delicious treat or two that the whole family will want to tuck into. One recipe is perfect for school cake days or parties.

We are also sharing a mix-and-match lunchbox table with food and ideas to easily pack your child's lunchbox for those meals away from home. You can include ingredients according to your child's needs, for instance serve something with nuts or cheese if they can indeed eat that.

It remains crucial that you read the labels of the products that you buy to prepare meals with.

See our guidelines below to develop a good habit of reading and understanding food labels.

We want to help you with easy family meals to support you and your child on this journey. We also want to empower you with information, to reduce the feeling of fear and uncertainty.



GENERAL TIPS

- 1 Read every food label in detail** – make it a habit.
(See more details below.)
- 2 Choose a reputable supermarket's health range**, speciality store's products or food brands that you can trust and that works for your child's requirements.
- 3 Get to know the range of products**, so that you don't have to look for a new 'safe' product every time you shop.
- 4 Do check labels every time**, as the ingredients in a product can change or be varied over time. So, it's important to stay up to date.
- 5 Even herb and pre-mixed spices could contain gluten**, so make sure to read the full ingredient list on the label of any pre-prepared and processed foods and products.
- 6 Be aware of other unhealthy elements in shop-bought products**, like unhealthy fats or high levels of salt. Your child's general health and a strong immune system remain important.
- 7 Many allergens are indicated under different names, so familiarise yourself with these.** For instance, lactose or whey, for dairy. Albumin for eggs or durum for wheat, which contains gluten. Start creating a list of these for yourself, specific to your child's needs.
- 8 When in doubt, rather leave it out!**
- 9 Learn to season food with fresh and natural ingredients**, like salt-free spices, fresh herbs, ginger and lemon – it's an easy way to avoid a long list of manufactured products.
- 10 By 'cooking from scratch',** you will know exactly what goes into your family's meals, so there's one less thing to be concerned about.
- 11 This is a new journey for your child as well, so involve them from a young age if possible.** When they feel that they are part of the process to plan meals or lunchboxes, they are more likely to understand and accept that they should avoid some foods – for their own health.
- 12 Allow kids to help with age-appropriate tasks in the kitchen** when you prepare the meals. Even if they just peel a carrot or pack baby tomatoes on a plate. Teaching them a few basic cooking skills will benefit them for a lifetime.
- 13 Keep your child's immune system strong**, by making sure that they eat a good variety of foods, including a range of colourful, seasonal fruit and veggies. Teach them to 'eat the rainbow' every day.
- 14 Make it a family affair** – don't let the child feel excluded. If everyone eats the same meals, then it will make things so much easier for both your child and yourself – no need to cook two different meals every time.
- 15 If your child is invited to a party, empower them to make good choices, by teaching them which foods they should avoid or look out for.** Inform the hosting parents of the foods your child is allergic to, to avoid any potential problems. Send your child to the party with their own stash of 'safe' treats, like the chocolate clusters in this booklet. Or make a 'deal' with them to bring home their uneaten party pack and have it exchanged at home with treats that they can enjoy. This way, they don't need to feel deprived or left out.

STRUGGLING TO UNDERSTAND FOOD LABELS?

One of the most practical and essential habits for managing your child's food allergies is learning **how to read food labels carefully**. Understanding the ingredients in different packaged and processed food products is a great way to empower yourself. Knowing what to look out for, is a crucial first step to avoid accidental exposure to allergens. The habit of always reading food labels will benefit the whole family and is an important part of following a healthy lifestyle, so that you can continue to make good choices.

Every food label is designed differently but should contain certain important information to help you decide whether or not it is a suitable option.

There are THREE important aspects to reading a food label, which could help you avoid allergens.

First, the **list of ingredients** in the product are crucial to look at. Then there should be **warnings or allergen statements** and thirdly, a **nutrition information panel**. On most labels the list of ingredients is below the nutrition panel, but to avoid food allergens you should **FIRST look at the list of ingredients**.

1. Read the LIST OF INGREDIENTS

The list of ingredients should be indicated in order of highest to lowest quantities in the specific food product (see the examples below). The first three ingredients on the label make up the largest portion of the product but be aware of any allergens which may be listed towards the end of the list.

Also remember that these ingredients are sometimes 'hidden' in products and listed under different names, which could be confusing. Get to know the ones you need to avoid.

2. A separate indication, warning or statement of allergens that could be present in the product should appear on the label. It may even inform you that cross-contamination with allergens is possible. Look out for these, as it could appear somewhere else on the label.

It could include phrases like:

Allergen warning: this product 'may contain' nuts.

OR if the product was produced in a factory that also uses nuts, gluten or dairy, for instance:

This product was 'produced in a factory that' ...

OR *'May contain traces of tree nuts/peanuts'.*

3. The Nutrition Information Panel on a label is often divided into columns. One column shows the nutritional value per 100 g of food and the other column, the values per suggested serving size, indicated for that specific product. The serving sizes differ between products, so the best way to compare foods is to look at the **'per 100 g' column**.

In an additional column, the nutritional elements are listed and should indicate the energy, protein, fat, carbohydrates, sugar and sodium (salt) in food. This is also important to keep in mind when making healthier choices for your family, to not include too much salt, sugar or unhealthy fats. The list of ingredients should however remain your focus.

Example 1: brown onion soup powder

Ingredients: wheat flour (gluten), corn starch, salt, flavour enhancers (E508, E627, E631), sugar, dehydrated vegetables (carrot, leek), vegetable fat (palm fruit, TBHQ [E319], BHT [E321], hydrolysed vegetable protein (soya), colourant (E150a), thickener (E412), irradiated onion, irradiated herbs, anti-caking agent (E551), irradiated garlic, acidity regulator (E330), irradiated spices, flavourings

Example 2: tin of chopped tomatoes

Ingredients: tomatoes, tomato paste, citric acid, calcium chloride

A FEW MORE VALUABLE NOTES

If your child has a dairy allergy, make sure to buy milk, cheese and yoghurt which are indeed from a plant-based source. For instance, some yoghurts are labelled as coconut yoghurt, but then only when you read carefully do you realise that it is indeed a coconut-flavoured yoghurt and NOT dairy-free.

Gluten is mostly found in wheat products. Any product that contains wheat flour will therefore also contain gluten, so look for healthy gluten-free options, like bread, pasta or baked goods. An ingredient like oats is naturally gluten-free, but could contain traces of gluten, due to cross-contamination during growing, harvesting or processing. It's best to look for gluten-free oats, if gluten poses a serious problem for your child. There are many flour alternatives to choose from, so see what works best for your style of cooking. Good options are chickpea flour, rice, corn or coconut flour or for some recipes you can blend gluten-free oats with a stick blender to form a 'flour'. If you can find a good all-purpose gluten-free flour, that is also a good option. Just read the label to ensure that it is indeed suitable for the type of recipes you want to use it in. Not all baked goods can be made with a direct substitution of the same quantity of cake flour. These alternative flours are often highly absorbent, so the ratio of flour to liquid may be different. There are many recipes available on the internet that use flour alternatives, so do experiment with some of these if you want to bake something specific.

Some children are allergic to peanuts, while others may be allergic to tree nuts. Many manufactured products are made in factories or facilities where nuts are also processed or handled, so make sure that there are no trace elements if your child has a life-threatening allergic reaction to nuts.

Eggs are an important ingredient in many baked and pre-prepared products, so do read the labels carefully. It is however something that can be substituted in some home baked recipes with mashed bananas, apple sauce or something like chia seeds, as in the flapjack recipe in this booklet.

RECIPE INDEX:

BREAKFAST: **Homemade seeded muesli**

BREAKFAST & LUNCHBOXES: **Banana flapjacks**

BREAKFAST, SIDE DISH & LUNCHBOXES: **Egg-free sweetcorn fritters**

SNACK OR DESSERT: **Popcorn rocky-road clusters**

SNACK OR DESSERT: **Berry & mango yoghurt lollies**

FAMILY MAIN MEAL: **No-bake family-style nachos**

FAMILY MAIN MEAL: **Colourful cottage pie**

FAMILY MAIN MEAL: **Sweet & sour chicken stir-fry**

BREAKFAST

Homemade muesli is really not difficult to make and often much more affordable than shop-bought versions. These tend to be overly sweet and could even contain more salt and unhealthy fats than you may realise. Don't be confused by the Rooibos tea in this recipe – it's a wonderful healthy ingredient and an easy way to add enough moisture to the dry oats, before roasting it. This way you don't only rely on oil and honey to give the muesli a golden brown and crispy end result. Serve the muesli with a range of seasonal fruit and suitable milk or yoghurt alternatives to keep your family's breakfasts interesting, wholesome and colourful.

HOMEMADE SEEDED MUESLI

Makes about 24 portions

- **1 kg** (1 box) uncooked gluten-free rolled oats
- **1 cup** (250 ml) seeds of your choice like pumpkin, sunflower or sesame seeds, or a mixture of these
- **⅓ cup** (80 ml) sunflower or canola oil
- **300 ml** strong Rooibos tea, cooled
- **⅓ cup** (80 ml) honey or sugar
- **1 tbsp** (15 ml) vanilla essence
- **2 tsp** (10 ml) ground cinnamon

1 Preheat the oven to **180 °C** and line 3-4 large baking trays with baking paper.

2 Place oats and seeds in a large mixing bowl.

Place oil, tea and honey or sugar in a separate bowl and heat in the microwave or in a small saucepan over low heat for a few minutes.

Stir regularly until the honey or sugar has dissolved and then stir in the vanilla.

3 Pour the oil mixture into the oats mixture and mix well to evenly coat the oats with the liquid.

4 Divide the oats between the baking trays and spread in an even layer.

Roast for **10-15 minutes**.

Stir through and roast for another **8-10 minutes** or until golden brown and crispy.

Remember that the muesli will crisp up further as it cools down, so don't roast it for too long.

5 Remove from the oven, immediately sprinkle the cinnamon over and mix through the warm muesli.

Keep the muesli on the baking trays and allow to cool down completely.

Store in an airtight container for up to 4 weeks.

6 A portion is about **½ cup (125 ml)** of muesli per person.

Add dairy-free yoghurt or your choice of a plant-based milk alternative with some fresh seasonal fruit to enjoy for breakfast.

HOMEMADE SEEDED MEUSLI



BREAKFAST AND LUNCHBOXES

Flapjacks are one of those foods that every kid enjoys, so if you want to treat your child to some gluten and egg-free flapjacks, this is a great recipe to have on hand. These flapjacks are quite filling and you can let your kids get creative with fresh and seasonal ingredients to decorate and top the flapjacks with. Keep the toppings colourful to include a good variety of vitamins, minerals and antioxidants. You can even pack these into lunchboxes. This is also a great recipe for little ones from about 6 months starting to eat solids.

BANANA FLAPJACKS

Makes 6 – 8 medium flapjacks

- **1 cup** (250 ml) **uncooked gluten-free rolled oats**
- **1 tbsp** (15 ml) **chia seeds**
- **1 tsp** (5 ml) **baking powder**
- **½ tbsp** (7,5 ml) **ground cinnamon**
- **2 medium-large ripe bananas, mashed**
- **¼ cup** (60 ml) **shop-bought apple sauce** (Woolworths Pink lady® apple & Granny Smith apple sauce or Purity apple jars baby food) or **homemade apple puree**.
- **¼ cup** (60 ml) **oat or coconut milk or any plant-based milk of your choice** (see tips)
- **olive oil for frying**
- **seasonal fruit** like fresh banana, citrus or berries, honey, seeds, finely grated lemon rind, toasted coconut or dairy-free coconut yoghurt for serving (optional)

-
- 1** Place the oats and chia seeds in a large bowl and blend with a stick blender until it forms a fine flour.
Add the baking powder and cinnamon and mix together.
 - 2** Add the bananas, apple sauce or puree and milk, and mix with a spatula to form a batter.
Take care not to overmix – this is quite a thick batter.
 - 3** Heat a frying pan over a low to medium temperature and add a thin layer of oil.
Drop spoonfuls (about 50 ml each) of batter into the pan and spread the batter in a slightly thinner, even layer.
Fry for a few minutes on the one side until golden brown.
 - 4** Turn over and fry until cooked and golden brown on the other side.
Keep warm and repeat with the remaining batter, adding more oil in a thin layer as needed.
 - 5** Enjoy with toppings of your choice from the suggested list above.

BANANA FLAPJACKS



TIPS

1. This recipe is a great way to use overripe bananas.
2. Don't use tinned coconut milk for this recipe, but rather choose the drinkable boxed version, suitable as a milk alternative.
3. If your child loves bananas or if you don't have chia seeds, omit the chia seeds in this recipe and add 1 additional banana, and only use half the milk.

BREAKFAST, SIDE DISH AND LUNCHBOXES

Sweetcorn fritters are so versatile and really easy to make. They are delicious for breakfast with bacon, avocado and tomato. Or serve them as a side dish and make a double batch to have some ready for lunchboxes. These are so flavourful and still light and fluffy, even though they don't contain any egg or cake flour.

EGG-FREE SWEETCORN FRITTERS

Makes 24 – 30 small fritters

- **1 cup (250 ml)** tinned or frozen whole kernel corn, drained or thawed
- **1 x 410 g** tin cream-style sweetcorn
- **150 ml** chickpea flour
- **¼ cup** (60 ml) cornflour (Maizena)
- **½ tsp** (2,5 ml) baking powder
- **½ cup** (125 ml) oat or any plant-based milk of your choice
- **1 tsp** (5 ml) ordinary paprika or **2,5 ml** (½ tsp) smoked paprika
- **2 tbsp** (30 ml) chopped chives or spring onions
- **½ tsp** (2,5 ml) salt
- **2 tbsp** (30 ml) olive oil

-
- 1 Mix all the ingredients, except the oil, together in a large bowl.
 - 2 Heat a thin layer of the oil in a frying pan over a medium temperature.
 - 3 Add tablespoonfuls of the mixture to the pan.
Allow the fritters to turn brown around the edges and start to firm up.
 - 4 Carefully turn over and fry on the other side until golden brown and cooked.
Keep warm and repeat with the remaining batter and more oil as needed.
Enjoy in any of the suggested ways above.

EGG-FREE SWEETCORN FRITTERS



SNACK OR DESSERT

These popcorn treats are really easy and so much fun to make! Let the kids help you and do the decorating as well. Kids with allergies can easily feel deprived of 'typical' treats, as those often contain ingredients which they can't eat. These rocky road clusters are still a sweet treat, but are perfect to make them feel spoilt from time to time as well. We promise you – young and old will be tucking in. Homemade popcorn is much healthier than a shop-bought version that can often contain a lot of salt or artificial ingredients. And the added bonus of this recipe, is that it's perfect for the next cake or market day at school and definitely for a birthday party.

POPCORN ROCKY-ROAD CLUSTERS

Makes 15 – 18 big clusters

- **1 tsp** (5 ml) sunflower oil
- **½ cup** (125 ml) popcorn kernels
- **2 x 80 g** slabs good-quality dairy-free dark chocolate, at least **70% cocoa** (see tips)
- **1½ cups** (60 g) white mini marshmallows
- **allergy-friendly sprinkles** for decoration

-
- Line two baking trays with baking paper or place 12-15 silicone muffin cups on a baking tray.
 - Pour oil in a large pot with a lid and swirl to coat the base of the pot with the oil.
 - Sprinkle the kernels in an even layer on the base of the pot. Cover with a lid and heat over a medium temperature.
 - Keep an eye on the pot and don't leave it unattended. When the popcorn kernels begin to pop, reduce the heat slightly to prevent the kernels from burning. Remember to keep a lid on – otherwise you will have popcorn all over the floor. Alternatively, place a sieve upside down over the pot, so the kids can watch the popcorn popping.
 - Keep the pot covered, until the popping stops – as soon as there is more than 2 seconds between each 'pop', remove the pot from the heat.
 - Meanwhile, place chocolate in a heat-proof bowl and melt over gently simmering water. Make sure that the bowl does not touch the water, as the chocolate will easily overheat.
 - Spoon the popcorn with a slotted spoon into a large bowl to make sure that you leave the unpopped kernels behind – those are tooth-breakers. Mix in the marshmallows and pour the melted chocolate over. Toss the mixture until the popcorn and marshmallows are coated with the chocolate
 - Scoop spoonfuls of the mixture onto the baking paper or into the muffin cups and immediately decorate with sprinkles, so that it sticks to the chocolate.
 - Allow to set completely and store in an airtight container for up to a week.

POPCORN ROCKY-ROAD CLUSTERS



TIPS

1. Instead of clusters or cups, spoon the entire mixture into a lined baking sheet, decorate with sprinkles and allow to set. Cut in squares or break into pieces.
2. Read the food labels on the chocolate, marshmallows and sprinkles to make sure you are buying an allergy-friendly and healthier option, suitable for your child's allergies.
3. Alternatively use regular-sized white marshmallows and cut them in pieces with scissors – this can however be a sticky mess. It helps to wipe the scissor blades with a bit of oil to prevent the blades from becoming too sticky to cut the marshmallows.

SNACK OR DESSERT

Who doesn't like ice cream? If your child is allergic to dairy, then treating them with ice cream can become a huge challenge. We have a lovely and super tasty recipe that the whole family will enjoy. It's so easy to make that older kids can even make it themselves. All you need is dairy-free cultured yoghurt, frozen fruit and a bit of honey. You can get as creative as you like with the fruit and layering the different colours in the moulds.

You scream, I scream ... we all scream yah, for healthy ice cream!

BERRY & MANGO YOGHURT LOLLIES

Makes 6 x 100 ml lollies

- **150 g** fresh or frozen berries like mixed berries, blueberries or strawberries, slightly thawed
- **300 g** (300 ml) cultured dairy-free coconut yoghurt (see tips)
- **4 tsp** (20 ml) honey or maple syrup
- **150 g** fresh or frozen mango cubes, slightly thawed

-
- 1 Place the berries in a food processor or blender with half the yoghurt and half the honey. Blend until smooth. Alternatively, blend the ingredients in a jug with a stick blender. This makes quite a thick smoothie looking mixture.
 - 2 Rinse the food processor or blender and blend the mango and remaining yoghurt and honey together to form a smooth mixture.
 - 3 Spoon the berry mixture into the cups of an ice lolly mould. Spoon the mango layer on top of the berry mixture and stir through with a skewer or the back of a spoon to create a pretty marbled effect. Or add spoonfuls alternating the colours of the two flavours.
 - 4 Freeze for a few hours or overnight until solid. Serve the lollies to your little ones or other 'young at hearts' in the family, as a delicious cold treat on a hot day.

TIPS

1. Woolworths South Africa sells a cultured coconut yoghurt which is perfect for this recipe. The label does indicate that it is made in a factory where dairy products are also made, so cross-contamination is possible. The level of your child's dairy allergy will determine if you can use this product.
2. If you don't want the flavours to mix, then you will have to half freeze the berry layer and wait until it's set enough before adding the mango mixture on top.
3. If you don't have a lolly mould, pour the mixture into small freezable containers or paper cups. Freeze for 2-3 hours. Push a small spoon or wooden ice cream stick into the mixture (to hold onto) and continue to freeze overnight.

BERRY & MANGO YOGHURT LOLLIES



FAMILY MAIN MEAL

Turn a basic mince mixture into an aromatic meal by adding some extra spices and your choice of toppings to serve as this Mexican-inspired dish. You can make it as spicy as your family will enjoy. This is a fun family meal, as everyone can tuck into the mince and chips and top it with their choice of accompaniments. We call this a no-bake version, as a plant-based cheese doesn't always melt in the same way a dairy version does, so the cheese is used fresh for the most appetising result. The type of cheese your child can eat will determine what you buy for this recipe.

NO-BAKE FAMILY-STYLE NACHOS

Serves 6

- **1 tbsp** (15 ml) olive oil
- **500 g** lean beef mince
- **1 onion**, chopped
- **2 cloves of garlic**, chopped
- **2 carrots**, coarsely grated
- **1 tbsp** (15 ml) ground cumin
- **2 tsp** (10 ml) ground coriander
- **2 tsp** (10 ml) mild curry powder or to taste
- **2 tsp** (10 ml) ordinary paprika or **1 tsp** (5 ml) smoked paprika
- **1 x 50 g sachet** (50 ml) tomato paste
- **1 x 410 g** tin chopped tomatoes
- **2 tbsp** (30 ml) chopped fresh coriander leaves or Italian parsley
- **1 x 400 g** red kidney beans, drained and rinsed
- **lemon juice, salt and pepper**

FOR SERVING

- **1 x 250 g** bag organic corn tortilla chips
- **sliced jalapeños** (optional)
- **100-150 g** (1½ cup) coarsely grated plant-based or nut-free cheese alternative (see tips)
- **homemade guacamole** (see tips)
- **fresh salsa** made with cubed cucumber, tomatoes, red onion, peppers and herbs to taste, season with a dash of olive oil and vinegar
- **2-3 spring onions**, thinly sliced
- **fresh coriander leaves and lemon or lime wedges** for serving

- 1 Heat a thin layer of the oil in a large saucepan and fry mince until browned. Spoon out and set aside.
- 2 Heat the remaining oil in the same saucepan and fry onion and garlic for a few minutes until softened. Add carrots and spices and sauté until aromatic.
- 3 Add tomato paste and tinned tomatoes. Rinse the tin out with a little water and return with the mince to the saucepan. Stir the mixture well, reduce the heat, cover with a lid and simmer for 30-45 minutes or until the mince is cooked and flavourful.
- 4 Add herbs and drained beans to the mince and allow to simmer until heated through. Season to taste with lemon juice, salt and pepper.
- 5 Arrange a third of the chips around the edge of a shallow serving dish or platter. Top with warm mince mixture, jalapeños, if using, and cheese.
- 6 Serve immediately with the remaining chips and let everyone add toppings of their choice from the list above. A fresh salsa and homemade guacamole is perfect for this meal-in-one.

NO-BAKE FAMILY-STYLE NACHOS



TIPS

- 1. Homemade guacamole:** Mash 1 ripe avocado with a fork or cut into cubes. Mix with 2 tsp (10 ml) lemon juice; ½ tsp (2,5 ml) finely grated lemon rind; 2,5 ml (½ tsp) ground cumin; 2 tbsp (30 ml) chopped fresh parsley or coriander leaves; 1 small ripe tomato, chopped and salt and pepper to taste.
- 2. Woolworths South Africa** sells a vegan, nut-free cheese made from potato starch and coconut oil. This has a good flavour, but as mentioned above, it will not melt at all.

FAMILY MAIN MEAL

This is a great mid-week family meal, full of flavour and indeed made 'from scratch' with only fresh ingredients. A cottage pie is always popular but often made with pre-prepared ingredients like soup powder, to thicken the mixture, and with chutney or tomato sauce as seasonings. These types of products tend to contain gluten and many other preservatives and additives which could be problematic for your child's allergies. By adding lots of fresh veggies, herbs and spices you are not only omitting the manufactured products but indeed including lots of flavour and a whole lot of wholesome nutrients to the meal.

COLOURFUL COTTAGE PIE

Serves 4 – 6

- **1 tbsp** (15 ml) olive oil
- **500 g** lean beef mince
- **1 large onion**, chopped
- **2 cloves of garlic**, crushed
- **2 carrots**, coarsely grated
- **2 celery stalks** with the leaves, thinly sliced
- **1 red pepper**, cubed
- **1 x 410 g** tin chopped tomatoes
- **2 tbsp** (30 ml) chopped fresh Italian parsley or origanum
- **6 medium potatoes** or 3 large sweet potatoes in the skin, quartered
- **1 cup** (250 ml) frozen mixed vegetables, rinsed
- **lemon juice, salt and pepper**
- **1 tbsp** (15 ml) extra olive oil
- **½ tsp** (2,5 ml) ground nutmeg
- **fresh chopped chives** for garnish

Heat half the oil in a saucepan and then fry mince until browned. Spoon out and set aside.

Heat the rest of the oil in the same pan and fry the onion, garlic, carrots, celery and red pepper for a few minutes.

Return the mince to the saucepan and add the tomatoes and herbs. Simmer with a lid for 30 minutes or until the mince is cooked, any excess moisture has evaporated, and the mixture thickens.

Meanwhile, place potatoes or sweet potatoes with a good pinch of salt and enough water in a pot. Bring to the boil and simmer with a lid for 20-25 minutes or until tender.

Preheat the oven to 180 °C. Stir mixed vegetables into the cooked mince and season to taste. Spoon mince mixture into an oven dish.

Drain and mash potatoes or sweet potatoes with a potato masher. Stir in the extra olive oil and season with nutmeg and pepper. Spread mash over the mince mixture.

Bake for 20-30 minutes or until golden brown on top. Garnish with chives and serve warm with a big salad.

COLOURFUL COTTAGE PIE



FAMILY MAIN MEAL

Make this delicious stir-fry the next time your family asks for takeaways – it's so easy to make. Let everyone help to peel and chop fresh ingredients and the older kids can even do the stirring. A homemade meal is not only healthier, but also much more affordable. Knowing what is in the meal remains important and this is a great way to still enjoy 'takeaways' at home. Serve it on rice, veggie noodles or brown basmati rice and if you have chopsticks, enjoy the meal with those for a touch of fun.

SWEET & SOUR CHICKEN STIR-FRY

Serves 4 – 6

- **2 tsp** (10 ml) cornflour (Maizena)
- **½ cup** (125 ml) orange juice or strong Rooibos tea
- **¼ cup** (60 ml) lemon juice or white grape or apple cider vinegar
- **5 tsp** (25 ml) gluten-free soya sauce
- **5 tsp** (25 ml) finely grated fresh ginger
- **2 tbsp** (30 ml) olive oil
- **4-6 chicken breast fillets**, cut into even-sized strips
- **1 red or yellow pepper**, seeded, quartered and sliced
- **2 carrots**, peeled, halved lengthwise and sliced diagonally
- **1 small pineapple**, peeled, sliced and cut into thin triangles
- **¼ white or red cabbage**, coarsely shredded
- **150 g broccoli**, cut into florets or green beans, halved
- **2-3 handfuls baby spinach leaves**
- **salt and pepper**
- **2 tbsp** (30 ml) sesame seeds, toasted

-
- 1 Mix cornflour with some of the juice or tea to form a paste. Stir in the remaining orange juice or tea, with the lemon juice or vinegar, soya sauce and ginger and mix well. Set aside.
 - 2 Heat half the oil in a large frying pan or wok. Fry chicken in batches until just golden brown, but still juicy, so take care not to overcook it, as you are still going to simmer it in the sauce. Spoon chicken out and keep warm.
 - 3 Add remaining oil and stir-fry pepper and carrots for a few minutes. Add pineapple and fry for another few minutes.
 - 4 Stir in the cabbage and stir-fry until almost softened. Add broccoli or green beans and stir for a minute or two. The green veg should remain green and crunchy.
 - 5 Stir in the sauce to coat the veggies. Add the chicken back with the spinach and toss through the sauce. Allow to simmer for a minute or two, to heat through.
 - 6 Season with salt and pepper, sprinkle with toasted sesame seeds and serve immediately on your choice of fresh veggie noodles, or small portions of rice noodles or brown basmati rice.

SWEET & SOUR CHICKEN STIR-FRY



TIP

1. Steak or pork fillet, cut into strips will work just as well in this recipe.

WHAT'S FOR LUNCH?

Mix & match these ingredients for colourful and nutritious lunchboxes all year round. Choose a row to create a balanced meal from all the important food groups or select an option from each column. Use this as inspiration to get creative when planning meals away from home for your kids including the rest of the family. Alternating what you pack each day, keeps it healthy and interesting.

TIP:

Pack the lunchbox items separately, so that the child can decide what to eat and when. This also helps to keep ingredients fresh and appetising. Older kids might enjoy a salad made with a starch, like rice, chicken and fresh ingredients, so pack the meal in a way that suits the age of your child.

REMEMBER TO ALWAYS READ THE LABELS OF SHOP-BOUGHT PRODUCTS to ensure that they are safe according to your child's allergies.

PROTEIN	HIGH FIBRE UNREFINED STARCH	HEALTHY FAT	FRUIT OR VEGGIES (Eat the rainbow)	TREAT OR SNACK
Chicken drumstick	Brown basmati rice (could even be a rice salad with the fresh ingredients)	Salad dressing	Pineapple, tomato, cucumber	Plant-based cheese and seasonal or dried fruit
Sausage (boerewors or pork banger – but do read the labels)	Corn on the cob	Sunflower seeds	Roasted broccoli florets, tomato	Fresh seasonal fruit with cultured coconut yoghurt
Homemade meatballs	Baby potatoes OR <i>Egg-free sweetcorn fritters*</i>	<i>Homemade guacamole*</i>	Lightly cooked or steamed broccoli florets, cucumber, baby tomato	Apple with sesame seeds to dip into
Chicken fillet strips	Roasted butternut cubes	Hummus	Lightly cooked or steamed green beans, carrot sticks	Homemade popcorn (see the first part of the <i>Rocky-road recipe*</i>)
Leftover Colourful cottage pie*		Avocado or pumpkin seeds	Cucumber and seasonal fruit	<i>Banana flapjacks*</i>
Steak or pork	Sweet potato or potato wedges	Avocado, sesame seeds	Peppers, lightly cooked or steamed broccoli	Rice cakes with plant-based cheese; fruit
Chicken drumsticks OR leftover <i>Sweet & sour stir-fry*</i>	Corn on the cob or brown basmati rice		Seasonal fruit or salad ingredients	Dark chocolate (allergy-friendly version)
Bacon, any leftover chicken or meat	Gluten-free bread	Avocado	Lettuce, cucumber, tomato	Seasonal fruit OR <i>Popcorn rocky-road clusters*</i>
Chickpeas or quinoa (made into a salad with the listed ingredients for older kids)	Roasted cauliflower	Avocado or hummus	Tomatoes, baby spinach leaves	Seasonal fruit and seeds

*Recipes indicated in *italics*, are part of the recipes in this booklet