Mellors

FAMILY RECIPE & ACTIVITY PACK



The challenges that COVID-19 has brought to us all are undoubtedly enormous. But it has also brought happy times and some positive outcomes to many as well. Research shows that during lockdown more families are eating meals together and more meals are being cooked and eaten at home. This is a huge opportunity to establish good eating habits for all the family and learn some new cooking skills too.

Being a family run business, Mellors understands the importance of healthy family meals, cooked from scratch and the benefits they have on the physical and mental wellbeing of the whole family. We also know how challenging two weeks of isolation with the whole family can be and how tiresome it can be thinking of new and exciting meals to cook each week. So, we'd like to bring some inspiration from our kitchens into your homes and provide you with some useful hints and tips for how to get the kids involved in the kitchen as well as the whole family healthy and active during this challenging time.

In this pack you will find healthy recipes and ideas for lunch, tea, snacks and sweet treats, including how to get your kids involved in the kitchen. There are also some ideas of activities to do at home to support your children's learning and keep everyone active.

Have fun, take care and stay safe.

The Mellors family

WWW.MELLORSCATERING.CO.UK



Welcome to the MELLORS FAMILY RECIPE & ACTIVITY PACK

Recipe information & tips

Here's a few keys bits of information about our recipes and some tips to help make it as easy and enjoyable as possible to get cooking, with your children.

- Each recipe serves four people, so you may want to adjust the quantities to suit the size of your family and your apetites.
- Each recipe has been costed using average prices from 3 different supermarkets, to give you an indication of meal cost.
- We have included suggestions in orange text at each stage of the recipe for how you could get the kids involved. The age of your children and you confidence in having them in the kitchen with you may determine what stage you want to get them involved with each recipe.

*Costs are based on an average of prices from 3 major supermarkets and are for own brand items (where available). Prices are correct as of Nov 2020 and are based on the cost of the amount needed for the recipe so you may need to buy more and will have some leftover to use in other recipes.



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The benefits of *children* learning to cook

We want to encourage you to get your children involved as much as possible in preparing these meals. There are many benefits to getting children involved in the kitchen, here are just a few:

- It provides an indoor activity for children to engage with and learn from.
- Reading recipes, measuring quantities of ingredients and following instructions all help to develop literacy and numeracy skills. It also helps to develop scientific understanding, learning about how materials change when they are mixed together and heated or cooled.
- Children can develop a new life skill and, you never know, you may inspire your children to become chefs in the future!
- Research shows that if children have been involved in preparing food, they are more likely to eat it so this could be particularly helpful if you have a fussy eater on your hands.
- Being engaged in an activity like cooking or baking has shown to be a great way to bring down barriers and encourage children to open up and talk about how they might be feeling.

Expect there to be mess, but a tasty meal with a side of satisfaction at the end will make it all worthwhile. Remember, there's no reason why the help should stop there. Everyone needs to learn to wash up too!



TIKKA TURKEY BALLS

COST £4.60*

QUANTITY	INGREDIENT
1 medium	Red onion, peeled & finely chopped
1	Yellow pepper, deseeded & finely chopped
Small bunch (20g)	Fresh coriander, finely chopped
1tbsp	Ground cumin
2tbsp	Mango chutney
3tbsp	Masala curry paste
500g	Turkey mince
2tbsp	Low-fat natural yoghurt

Method

1. Put the chopped onion and pepper into a mixing bowl, together with the cumin, chopped coriander, mango chutney and curry paste.
   Allow children to add the ingredients to the bowl and help measure out the chutney and paste with spoons.

2. Add the turkey mince and yoghurt to the rest of the mixture and stir really well, trying hard to get it all to stick together.
   Use a spoon or clean hands to help combine all the ingredients together.

3. Using your hands, mould the mixture into small balls (about the size of a golf ball). You should make about 24.
   Allow children to get their hands dirty helping to shape the balls. Make sure they clean their hands before they do anything else.

4. Leave the balls to chill in the fridge for 20minutes.

5. Place the turkey balls under a hot grill for 20-30minutes, turning regularly with tongs.

TIP:
Shape the mixture into burger patties and serve in burger rolls with salad.



EASY PEASY PIZZAS

COST £2.10*

We know from our school menus that pizza is a firm favourite with most children, but many people turn to takeaways which are often loaded with fat and salt and are more expensive. Fear not, there are many ways of making healthy pizzas from scratch at home really easily. Here's how...

For the base you can make your own dough following the instructions below but if you want a super simple option why not use a tortilla wrap, pitta bread or crumpet as the base, add your choice of toppings and bake or grill until the cheese has melted.

QUANTITY	INGREDIENT
300g	Low-fat natural yoghurt
300g	Self-raising flour, plus extra for dusting
400g	Passata
1tsp	Dried or freshly chopped basil
1tsp	Dried or freshly chopped oregano
2 cloves	Finely chopped garlic
200g	Mozzarella or cheddar cheese, grated

Method

1. Pre-heat the oven to 200C. Put a couple of baking trays in the oven to pre-heat.

2. Mix the flour and yoghurt together in a bowl and season.
   Older children can weigh out ingredients. Younger ones will enjoy mixing the ingredients together with a fork or their hands, make sure they're clean!

3. Dust flour over a clean work surface and transfer the dough to the surface. Divide the mixture into 4 balls and roll out to make thin bases.
   Children can help here, using a rolling pin to flatten and shape the dough.

4. Mix the garlic and herbs with the passata and season to taste.

5. Remove the trays from the oven and lay out the pizza bases. Bake for 3-4 minutes.
   Older children could do this with an oven glove and careful supervision.

5. Top the pizzas with the pizza sauce and your choice of toppings. Sprinkle with the grated cheese and return to the oven for 5-10minutes or until the bases are crisp and the cheese is bubbling.
   Children can use a spoon to add the passata and sprinkle on their choice of toppings. To be safe, transfer the pizza off the hot tray and onto a plate or chopping board while you add your toppings.

TIP:
Encourage children to use some creativity to make their toppings into a smiley face or their favourite animal.



Fiesta Mexicana

We regularly run Theme Days in our schools, to celebrate annual events and holidays or to link with learning in the classroom. Why not bring a Theme Day into your home one day and host a Mexican night? Spend some time in the day learning about Mexico and its culture and then enjoy a Mexican feast as a family.

We have made some suggestions of activities to complete in the day.

ACTIVITIES

1. Make Mexican themed name cards for the table and table decorations.

2. Learn where Mexico is. Take a look at a globe or map and find Mexico and where you live. Discuss how far it is, how you might get there and how long it would take.

3. Make Mexican flowers using tissue paper.

4. Get active and play the Jumping Bean Game. Play music, get the children to jump like jumping beans, when the music stops they must freeze in the position they were in. When the music starts again they all jump again.

MEXICAN BEAN SOUP

QUANTITY	INGREDIENT
1tbsp	Olive or vegetable oil
1	Onion, diced
1	Red pepper, diced
350–400g	Passata
2x 400g tins	Black beans, kidney beans/other tinned beans drained & rinsed.
500ml	Vegetable or chicken stock, made with 1 stock cube.
1–2tsp	Chilli powder (or 1/4 fresh chilli, finely diced)
3tsp	Dried or freshly chopped coriander (save a little for the top)
2 cloves	Garlic, finely chopped
50g	Cheddar cheese
100g	Sour cream

COST £1.54*

Method

1. Pre-heat a saucepan and add the olive or vegetable oil.

2. Add the onion and red pepper and cook until softened but not browned.

3. Add the garlic and chilli, cook for a further 2 minutes.

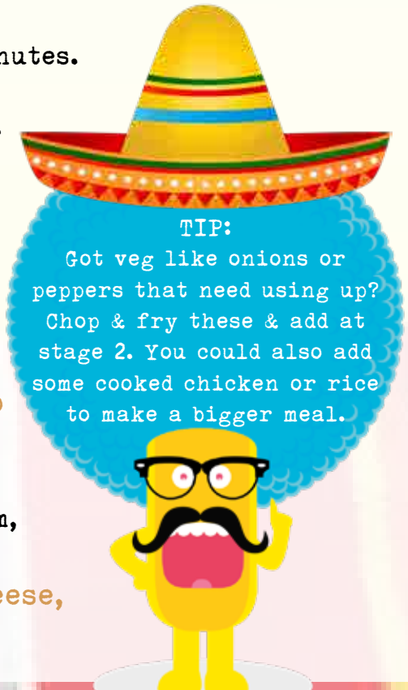
4. Add the beans and passata, cook for 5 more minutes.

5. Add the stock and bring to a gentle simmer, cook for a further 5 minutes, stirring regularly, add coriander.

6. Season to taste.

7. Grate the cheese.
   Children can help with this being careful to keep fingers away from the grater.

8. Ladle the soup into bowls, then top with sour cream, cheese and coriander.
   Children can help to top with the grated cheese, sour cream and coriander.



TIP:
Got veg like onions or peppers that need using up? Chop & fry these & add at stage 2. You could also add some cooked chicken or rice to make a bigger meal.

FAJITAS / MEXICAN WRAPS

COST £5.90*

This is a tasty, quick and easy family meal that everyone can get involved with making. If you don't eat meat, swap the chicken for a vegetarian alternative.

QUANTITY	INGREDIENT
FOR THE MARINADE	
4	Limes, juice only
2tbsp	Fajita seasoning
4	Spring onions, finely sliced
1	Garlic clove, crushed
REMAINING INGREDIENTS	
4	Chicken breasts cut into chunks
1	Red or green pepper
1	Red onion
1tbsp	Vegetable oil
8	Mini tortilla wraps
120g	Cheddar cheese
Optional extras	Guacamole (see recipe on page 7), soured cream, salad leaves.



Method

1. Weigh out and mix the marinade ingredients together in a large bowl.
   Children can help to squeeze the lime juice, weigh out the seasoning and give everything a good mix.
2. Add the chicken chunks and mix well. Cover and leave in the fridge to marinate for at least 2 hours.
3. Peel the onion and slice, along with the pepper.
   Younger children can help peel the onion and older children may be able to help slice the pepper.
4. Heat the oil in a pan on high. Add the chicken and cook, stirring occasionally, for 5 minutes.
5. Turn the heat down to medium, add the onion and pepper. Continue to cook for a further 5–10 minutes, until the chicken is cooked and the onion & pepper softened.
6. Warm the tortillas according to the instructions on the packet.
7. Grate the cheese.
   Children can help with this being careful to keep fingers away from the grater.
8. Put your grated cheese, along with any other optional extras, into bowls and set onto the table with the wraps.
9. Lay out your tortilla, choose your toppings, roll them up and eat!

Snacks & Baking



Research shows that we all snacked more during lockdown, often on more unhealthy items such as chocolate and crisps and, looking at the empty supermarket shelves in the baking aisle, it was clear that many took to baking too.

Making simple snacks and baking is a great way to get children into the kitchen and build their confidence but what you make doesn't have to be loaded with fat and sugar.

Here are a couple of ideas for healthier snacking that the kids can get involved in making too.

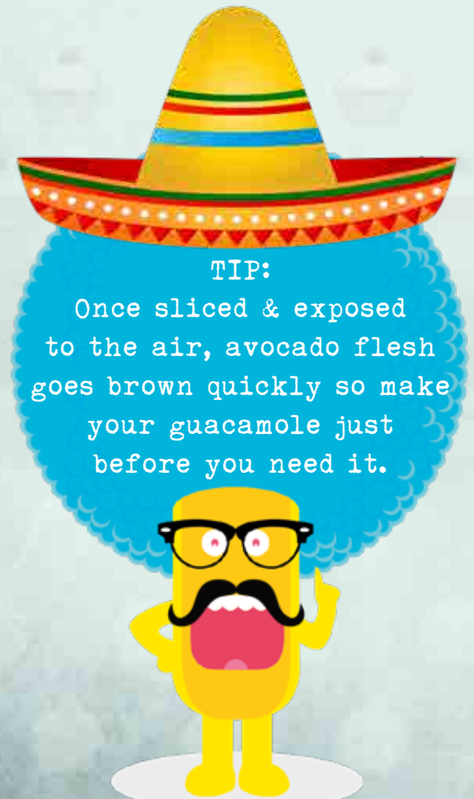
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GUACAMOLE

COST £2.00*

Guacamole is the perfect accompaniment to your Mexican themed feast. It works well in your fajitas (page 5) but can also be used as a lovely dip for nachos, pitta bread or vegetable sticks as a healthy snack.

QUANTITY	INGREDIENT
1/2 small	Red onion
1/2	Tomato
1/2	Red chilli, deseeded (optional)
1 small handful	Fresh coriander
1/2	Lime
2 large or 3 medium	Ripe avocados



Method

1. Finely chop the onion, tomato, chilli (if using) and most of the coriander, by hand or in a food processor if you have one, transfer to a bowl.
   Children can help peel the onion, older children could chop the tomato into larger chunks, you may then need to chop more finely.

2. Roll the lime over the work surface with some pressure to help juicing, then cut in half, juice and add to the mix.
   Children can help, once you've chopped the lime.

3. Slice avocados in half, remove the stone.
   Children can help to scoop out the flesh.

4. With clean hands or a fork, squash or mash the avocado to a pulp.
   Children may like to get their hands dirty and help with this step!

5. Combine with the onion and tomato mixture and serve immediately.
   Allow children to give everything a good mix and sprinkle with remaining coriander.

APPLE DIPPERS

COST £1.86*

Apples are one of the most popular fruits we serve as part of our school lunches. They are a great staple to have in your house because they're cheap and are so versatile. Here's how to make them that bit more exciting for an after dinner treat or snack.

QUANTITY	INGREDIENT
2	Apples (any kind work, we recommend Granny Smiths)
150g	Chocolate (white, milk or dark, your choice)
20g of each	3 toppings e.g. dessicated coconut, sprinkles, crushed biscuits, crushed nuts.
12	Wooden food skewers or lollipop sticks



Method

1. Wash your apples, then slice into 6 wesges and remove the core.

2. In a microwave-safe bowl, melt the chocolate on full power for 1-2 minutes, stirring every 30seconds until melted. If you leave it for longer than 30seconds at a time you risk burning the chocolate.
   Children can help with stirring the chocolate but take care as the chocolate gets hot.

3. Place a skewer into the bottom of each apple slice and place your toppings into small bowls or plates. Place a piece of baking paper onto a baking tray, chopping board or large plate.
   Each child can take their skewers and dip into the bowl of chocolate, use a spoon to help cover the apple.

4. Place the apples on the piece of baking paper then sprinkle with your toppings.

5. Transfer all of the finished apples to the fridge for about 10minutes for the chocolate to harden.

HOMEMADE BREAD

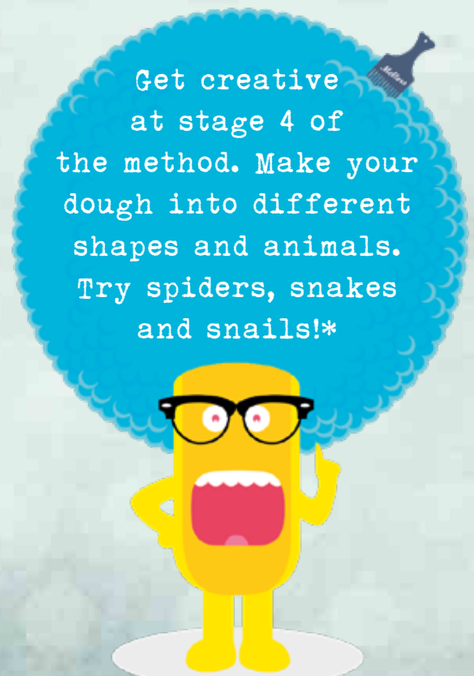
COST 92P*

There's nothing better than freshly baked bread. The smell, the soft and fluffy texture, the taste. It's like a warm hug and we all need one of those at the moment! Making your own bread can seem a bit daunting and time consuming.

Although there are a few stages, each one is quite quick, which is great for children's shorter attention spans.
Why not learn all about the science of how yeast makes the bread rise and turn it into a science lesson?
Be creative with the dough, making it into differnet shapes and you've ticked off art homework too!

Serve with our Mexican bean soup, for a healthy and balanced lunch.

QUANTITY	INGREDIENT
500g	Granary, strong wholewheat or white bread flour
7g sachet	Fast-action dried yeast
1 tsp	Salt
2 tbsp	Olive oil
1 tbsp	Clear honey



Method

1. Weigh out the flour, yeast and salt into a large bowl and mix together with your hands.
   Children can help weighing out the ingredients and mixing.

2. Measure out 300ml of hand-hot water and add the oil and honey. Pour into the flour mixture and stir to make a soft dough.
   Children will be able to get involved with reading numbers on the side of the jug and counting the number of spoons of each ingredient.

3. Turn the dough out onto a lightly floured surface. Use the heel of your hand to knead the dough for 5mins or until it no longer feels sticky, sprinkling with a little more flour if you need it.
   Children can get involved in kneading the dough. Ask them to describe how it feels and notice the change in texture.

4. Oil a 900g loaf tin and put the dough in the tin, pressing it in evenly. Put into a large plastic food bag and leave to rise for 1hr, until the dough has risen and it no longer springs back when you press it with your finger.
   Alternatively, you can get creative at this stage and make your dough into different shapes and animals. Try spiders, snails and snakes.

5. Heat the oven to 200C/fan 180C/gas 6. Make several slashes across the top of the loaf with a sharp knife, then bake for 30-35mins, until the loaf is risen and golden. Tap the base of the bread to check it is cooked - it should sound hollow Leave to cool on a wire rack.

*Cooking times will need reducing if you make the dough into shapes.

KEEP MOVING!

Being physically active every day is hugely important, now more than ever. But having to stay at home for long periods of time can make this difficult for both adults and children.

Physical activity has huge benefits for both physical and mental health, as well as helping us to get good quality sleep. Many people fear physical activity or think it's boring but there are lots of ways of making it fun for the whole family. The endorphins that are released after being active, as well as the sense of achievement give your mood a huge boost.

During lockdown, with gyms and swimming pools closed and a ban on team sports, many people have taken up new ways of keeping physically active. These include following the couch to 5K running programme and PE With Joe Wicks on YouTube.

There are many ways for the whole family to keep active whilst at home and have lots of fun too! Here are just a few ideas.

"If physical activity was medicine, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat."

There are some great exercise videos for children and adults on the internet and TV streaming services.

For children, try COSMIC KIDS YOGA on YouTube, ANDY'S WILD WORKOUTS and OTI'S BOOGIE BEEBIES on iPlayer.

For adults, try JOE WICKS and YOGA WITH ADRIENE on YouTube.

Many gyms and exercise programmes have moved their classes online and many offer free trial periods.

Try FIIT, LES MILLS ON DEMAND and THIS GIRL CAN for home workout ideas.



Use the sofa cushions, chairs and tables to build an indoor obstacle course!

Think tunnels and stepping stones. Use a stopwatch to time how long it takes the kids to complete the course and challenge them to beat it next time.

KEEP MOVING!

change 4 life

CHANGE 4 LIFE HAVE LOTS OF IDEAS FOR GETTING YOUR KIDS ACTIVE INDOORS. THEY HAVE TEAMED UP WITH DISNEY TO DEVELOP SOME DISNEY INSPIRED GAMES THAT CAN BE DONE INSIDE OR IN YOUR GARDEN.

WWW.NHS.UK/CHANGE4LIFE/ACTIVITIES

WHY NOT TRY A GAME OF MUSICAL STATUES OR MUSICAL BUMPS TOO AND HAVE A BIT OF A COMPETITION?



A firm favourite in some Mellors households at the moment is to have a family disco. Turn out the lights (even better if you have some coloured lights or glow sticks), turn up your favourite songs and dance like no one is watching!

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