



MELLORS CATERING SERVICES COOKING AT HOME

TASTER PACK





BAKED FISH BURGER

Keep little chefs entertained during the school holidays with these delicious, healthy cod burgers. Simply add a dollop of light mayonnaise, some juicy sliced tomatoes and some crunchy lettuce leaves for a firm family favourite.

Ingredients

- 4 frozen cod fillets, defrosted
- 3 tbsp plain flour
- 1 egg
- 75g panko breadcrumbs
- sunflower oil spray
- 1 little gem lettuce, leaves separated
- 1 tomato, sliced
- 2 tbsp light mayonnaise
- 4 soft white rolls, cut in half



Method

Preheat the oven to gas 6, 200°C, fan 180°C. Trim the thinner ends of any longer fish fillets to make a thick square shape for each fish burger. Set aside.

Put the flour on one plate and season with freshly ground black pepper. Whisk the egg and pour into a bowl. Put the breadcrumbs on a second plate.

First, coat the fish pieces in the flour, then dip both sides in the beaten egg (always wash your hands after handling raw eggs), then finally coat in the breadcrumbs. If you have 3 willing little helpers, you can give them each their own station!

Lightly spray a baking tray and both sides of each fish fillet with the oil spray. Put them on the tray and bake in the oven for 15-20 mins, until the fish is cooked through and the breadcrumbs are golden.

Divide the lettuce leaves evenly between the rolls, then load a fish burger into each. Add the tomato slices, spoon over a dollop of mayonnaise and top with the lids of the rolls.





CHICKEN PUFF PIES

The kids will really enjoy helping to make these fun and creative chicken pies, and you will totally love eating them too!

Ingredients

- 1/2 head broccoli
- 1 x 375g pack ready-rolled puff pastry
- 1 egg, beaten, for brushing
- 1 tbsp olive oil
- 1 x 300g pack diced chicken breast
- 1 onion, finely chopped
- 295g can cream of mushroom condensed soup
- 75g (3oz) young leaf spinach
- Cooked peas



Method

Preheat the oven to gas 4, 180°C, fan 160°C.

With adult supervision the kids can prepare the broccoli and cut into 'little trees'.

Unroll the pastry, keeping the nonstick baking paper underneath, use a large 13cm (5cm) cutter (or use a saucer as a template) to cut out 4 circles of pastry. Remove the trimmings and set aside. Transfer the pastry circles along with the nonstick baking paper to a baking tray.

Brush each pastry circle with a little beaten egg, then using small cutters, stamp out different shapes from the trimmings or roll into thin 'sausage shapes' to create smiley faces. Stick them on to the larger circles to decorate. Brush with a little more beaten egg.

Bake the pastry circles for 10-12 minutes until puffed and golden. Allow to cool slightly and cut in half horizontally through the middle to create a 'base' and a 'lid'.

Meanwhile heat the oil in a large frying pan, add the chicken and stir fry for 5-6 minutes until sealed and starting to turn golden. Remove from the pan with a slotted spoon. Add the onion and broccoli and stir-fry for 3-5 minutes until the broccoli is just tender. Return the chicken to the pan. Add the condensed soup, then half-fill the can with water and pour into the frying pan, whilst stirring.

Cook for a further 3-5 minutes until the chicken is cooked through. Stir through the spinach and cook until wilted. Divide the pastry bases between 4 plates and spoon the filling on top.

The kids will enjoy putting the 'lids' on top.





RAINBOW FRUIT PIZZA

A wonderfully colorful dessert that the kids are sure to love making and eating! Light puff pastry topped with a zesty mascarpone cream and layered with vibrant fresh fruit in a spectacular rainbow pattern. To get ahead you can make the pastry in advance and freeze the uncooked dough for up to 1 month, defrosting fully before using as below.

Nutritionist Tip: As part of a balanced diet, we recommend this recipe is for a special treat.

Ingredients

For the Topping

- 100ml (3 1/2fl oz) whipping cream
- 100g (3 1/2oz) mascarpone
- 1 tbsp maple syrup
- 1/2 orange, finely grated zest and 1 tbsp juice
- 250g (8oz) strawberries, hulled and quartered
- 2 kiwi fruit, peeled and sliced
- 100g (3 1/2oz) blueberries
- 1 x 300g tin mandarins in juice, drained
- 100g (3 1/2oz) blackberries

For the Pastry

- 225g (8oz) plain flour, sifted, plus extra for dusting
- 110g (4oz) cold unsalted butter, cut into cubes
- 75g caster sugar
- 2 large eggs
- 1 tbsp semi-skimmed milk
- 1/2 orange, zest only



Method

Place the flour and butter in a food processor and blitz until it resembles fine breadcrumbs. Or place into a bowl and rub together with your fingertips until it resembles fine breadcrumbs. Kids will love doing this.

Add the sugar, one of the eggs, milk and orange zest, and blitz again until it just comes together. If you're not using a food processor, add the sugar, one of the eggs, orange zest and milk and using a knife, mix together, trying not to overwork the dough, until it comes together as a ball.

Tip out onto a lightly floured surface and roll into a disc, wrap in cling film and chill for 1 hour.

Preheat the oven to gas 6, 200°C, fan 180°C. Roll the pastry out onto a lightly floured surface to the thickness of a pound coin and cut into a rainbow shape that will fit on your baking sheet. Place on the baking sheet lined with nonstick baking paper, prick with a fork all over and chill for 10 minutes, or until firm. Brush with the remaining egg, beaten, and bake for 12-15 minutes, or until lightly golden.

Remove from the oven and leave to cool for 5 minutes before transferring to a wire rack to cool completely.

Meanwhile, prepare the topping. In a large bowl, whisk the cream to soft peaks. Fold in the mascarpone, maple syrup, orange zest and juice and beat together until smooth.

Spread the mixture over the pastry rainbow, leaving a small gap around the edge. Top with the quartered strawberries, mandarins, kiwi fruit, blueberries and blackberries, making rainbow stripes. Kids will love making the topping, spreading it over the top and decorating it. Serve immediately, cut into large pieces .

