

starkidz recipes for kidz

Veggie Fritters

Hide heaps of veggies in these yummy fritters and watch the kids wolf them down! Make extra, and put them in the lunch box for school or work the next day.

Ingredients (serves 4)

- 2 potatoes (400g)
- 1 carrot (150g)
- 2 zucchinis (360g) grated
- 125g can corn kernels, drained
- 1 onion, chopped
- 1/2 cup (75g) self-raising flour
- 1/2 tsp salt
- 1/4 cup chopped continental parsley
- 3 eggs, separated
- 2 tbs olive oil



Method

1. Peel potatoes and carrot. Grate into a bowl. Add zucchini, corn, onion, flour, salt, parsley and egg yolks into a bowl. Stir to combine.
2. Place egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture.
3. Heat a large pan over medium heat. Add a little oil. Add 1/3 cup of the mixture and cook for 5 minutes. Cook 4 at a time. Turn and cook for a further 5-8 minutes. Repeat.

Fruity Rocket's

Ingredients (serves 4)

- Seedless watermelon
- 2 strawberries
- 1 small banana
- 1 pineapple



Method

1. Cut watermelon into 4 small triangles. Trim one corner from each triangle.
2. Thread watermelon triangles long-side down, onto small wooden skewers.
3. Cut strawberries in half lengthways. Thread, hulled-side down, onto the skewers.
4. Cut banana in half crossways, and then cut each piece in half lengthways. Thread onto the skewers.
5. Cut pineapple into 4 small triangles. Thread onto the skewers to make the top of each rocket ship.

Cheesy Potato & Broccolini Mash

Ingredients (serves 4)

- 2 medium sized Sweet potatoes, peeled, coarsely chopped
- 1 broccoli, florets coarsely chopped
- 80ml (1/3 cup) skim milk
- 40g (1/2 cup) shredded 25 per cent less fat tasty cheese



Method

1. Cook the potatoes in a large saucepan of salted boiling water for 10-12 minutes or until tender. Add the broccolini florets and cook for a further 1-2 minutes or until broccolini is bright green and tender crisp. Remove from heat. Drain well and return to the pan.
2. Add the milk and cheese. Use a potato masher to mash until almost smooth. Taste and season with salt. Transfer to a heatproof bowl and serve immediately.

Bacon & Cheese Burgers



These yummy burgers are ready quicker than a trip to the drive-through.

Ingredients (serves 1)

Cooking Time 30 minutes

- 400g Premium lean beef mince
- 1 egg
- 1 brown onion, finely chopped
- 4 bacon rashers, rind and excess fat trimmed
- Olive oil spray
- 80g cheddar, thinly sliced
- 4 bread rolls, halved horizontally, toasted
- 1 tomato, thinly sliced
- 1/2 large avocado, stone removed, peeled, cut into 8 slices lengthways
- 2 tbs tomato chutney



Method

1. Place the mince, egg and onion in a bowl. Use your hands to mix until well combined. Divide the mixture into 4 equal portions. Shape each portion into a patty. Wrap a slice of bacon around each patty.
2. Spray a large frying pan with olive oil spray to lightly grease. Heat over medium-high heat. Cook the patties for 6 minutes each side or until cooked through. Top with the cheddar and cook until the cheddar starts to melt.
3. Place the patties on the roll bases. Top with the tomato and avocado, and season with salt and pepper. Divide the chutney among the remaining rolls.

Serve immediately.

Apple & yoghurt flower

Ingredients (serves 1)

- 2 tsp shredded coconut
- 1 apple
- 70g (1/4 cup) thick strawberry yoghurt



Method

1. Place coconut in a small frying pan over medium-low heat and cook, stirring, for 1 minute or until toasted. Cut apple in half and remove the core, then cut into thin wedges. Arrange the apple, in a spiral pattern, on a serving plate. Spoon yoghurt into the centre. Top with the coconut to serve.

Banana and Berry Smoothie

Ingredients (serves 2)

- 1 large banana
- 1/2 cup frozen mixed berries
- 2 teaspoons wheatgerm
- 1/2 cup low-fat milk
- 1/2 cup low-fat strawberry yoghurt
- 2 teaspoons honey



Method

1. Place banana, berries, wheatgerm, milk, yoghurt and honey in a blender.
2. Blend until smooth. Divide between 2 glasses. Serve.

