



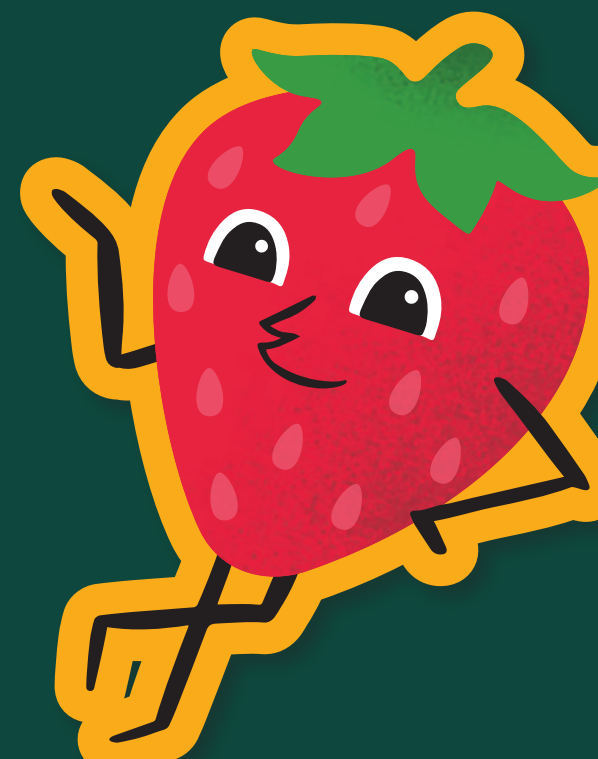
100% plant-based

deliciously kids^{de}



Ready, Steady Cook!
Activity Pack

Yum!



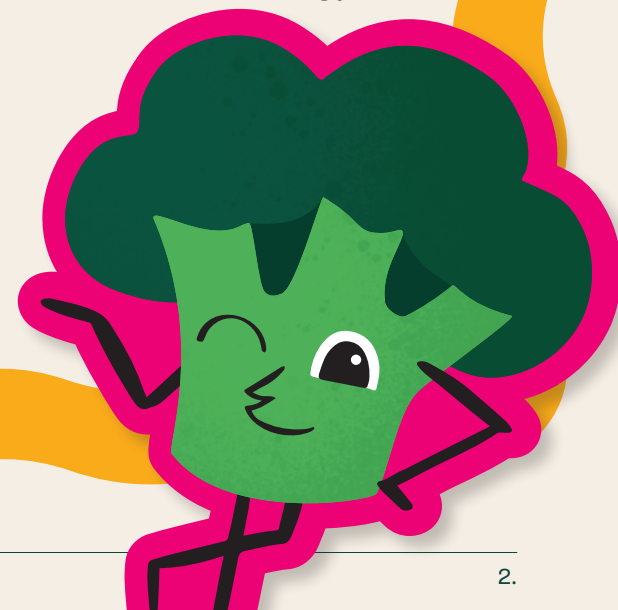
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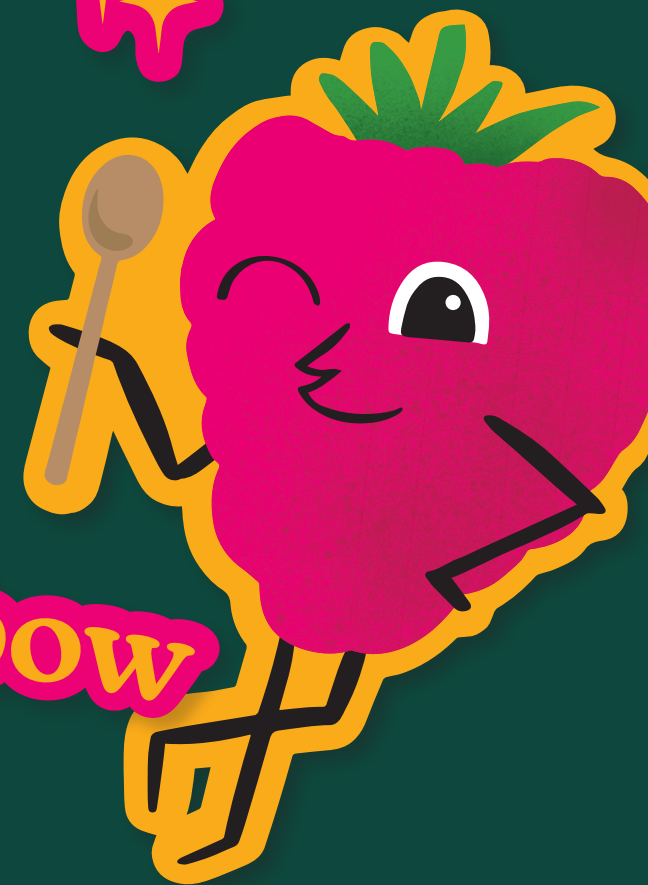
Yum!



Recipes



**Eat the
Rainbow**



4 servings

One-Pan Creamy Spinach Pasta



Let's cook!

INGREDIENTS

FOR THE SAUCE

- 120g cashews
- 4 tablespoons sunflower seeds
- 100ml boiling water
- 4 cloves garlic, finely chopped
- 200g baby leaf spinach
- 200ml plant milk
- 2 lemons, juiced
- 8 tablespoons nutritional yeast
- drizzle of olive oil
- pinch of sea salt

FOR THE PASTA

- 300g dried pasta
- 250g frozen peas

METHOD

1. Place the cashews and sunflower seeds in a small bowl with the boiling water; leave to soak for about 5 minutes.
2. Meanwhile, start the sauce. Place a medium saucepan over medium heat, add a drizzle of olive oil. Add the garlic and cook for about 2 minutes until fragrant. Add the spinach and a pinch of salt; cook for a further 2 minutes, stirring throughout, until the spinach is wilted.
3. Add the spinach mixture to a high-speed blender with the soaked cashews, sunflower seeds and the soaking liquid. Then add the plant milk, lemon juice and nutritional yeast; blend until smooth and creamy. Season with salt to taste.
4. Give the saucepan a quick rinse, then cook the pasta in salted boiling water according to packet instructions. About 1 minute before the pasta is cooked, add the peas. Then reserve a mugful of the pasta cooking water and drain.
5. Return the pasta and peas to the saucepan and pour in the sauce. Gradually add some of the pasta cooking water (about $\frac{1}{4}$ cup) and stir until the pasta is coated and the sauce is thick and glossy. Add more pasta cooking water, if needed, to loosen the sauce. Serve immediately.

4 servings

High-Protein Tofu Bolognese



INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, finely diced
- 2 carrots, finely diced
- 2 sticks of celery, finely diced
- 4 large cloves garlic, finely chopped
- 1 teaspoon mixed dried herbs
- 2 tablespoons tomato purée
- 2 bay leaves
- 1 x 400g tin brown lentils, drained
- 1 x 400g tin cannellini beans, drained
- 2 x 400g tins chopped tomatoes
- 1 block firm tofu (about 280g / 10 oz)
- 1 tablespoon maple syrup
- 1 teaspoon tamari
- 1 bag spinach, (about 200g / 7 oz) roughly chopped
- large handful of basil (about 30g / 1 oz) roughly chopped
- pinch of sea salt & black pepper

TO SERVE

- 4 servings of pappardelle (or spaghetti)

METHOD

1. Warm the olive oil in a large saucepan or casserole dish set over medium-low heat. Add the onion, carrot, celery, garlic and a pinch of salt; cook for 20-25 minutes until soft and translucent.
2. Stir in the dried herbs, tomato purée, bay leaves, lentils, cannellini beans and chopped tomatoes. Pat the tofu dry with kitchen paper and crumble into the pan in very small pieces. Bring to the boil, then reduce the heat and simmer with the lid off for 35-40 minutes, until most of the liquid has reduced and the mixture has thickened.
3. Add the maple syrup and tamari and season to taste. Remove from the heat and gently mash with a potato masher or fork to break down the vegetables a little and thicken the sauce – it should be thick but not completely smooth.
4. Return the pan to a low heat, stir in the spinach and ½ of the basil. Once the spinach has wilted, taste to check the seasoning and adjust as needed.
5. Serve the bolognese with some cooked pasta – we love it with pappardelle – and the remaining basil scattered over the top.

Yum!

Ready
Steady
Cook



4 servings

Hidden Tofu & Veggie Fried Rice



INGREDIENTS

1 x 280g block super firm tofu

1 tablespoon sesame oil

1 red/orange/yellow pepper,
finely sliced

1 large courgette,
grated

1 medium carrot,
peeled & grated

2 cloves garlic,
grated

1 x 4cm piece ginger,
grated

250g cooked rice

5 spring onions
finely sliced (+ extra to serve)

3 tablespoons soy sauce / tamari

METHOD

1. Remove the tofu from its packaging and drain. Grate, using a box grater, and spread out onto a piece of kitchen paper, on a clean surface. Set aside, allowing the kitchen paper to absorb excess moisture; use another piece of kitchen paper to gently press down on top.
2. Heat the sesame oil in a frying pan over high heat. Add the grated tofu and cook for 2-3 minutes. Due to the high water content in tofu, it won't turn golden or crispy, but instead ensure it's hot at this stage. Then add the sliced pepper, courgette and carrot; fry for 8-10 minutes until softened and the liquid released from the vegetables and tofu has evaporated.
3. Tip in the garlic and ginger and fry for 30 seconds until it smells fragrant. Add the rice and fry on high for 3-4 minutes until the rice is hot and combined with the vegetables.
4. Add the spring onions, soy sauce and season with salt and pepper to taste; toss together so everything is coated. Serve topped with extra spring onions and sesame seeds, if desired.



**Sweet
Treat**

servings: 15 small cookies

Peanut Butter & Jam Thumbprint Cookies



INGREDIENTS

100g coconut sugar

115g plain flour

1 teaspoon baking powder

70g peanut butter
make sure the peanut butter is not too dry

50ml plant-based milk

1 tablespoon melted coconut oil

15 teaspoons naturally-sweetened jam

METHOD

1. Preheat oven to 180°C / 160°C fan / 350°F.
2. Line a baking tray (roughly 25 x 30cm / 10 x 12") with baking parchment and set aside.
3. Place the coconut sugar, flour and baking powder into a medium bowl and whisk until no lumps remain.
4. Add the peanut butter, plant-based milk and coconut oil; stir until you have a firm cookie dough.
5. Use a tablespoon to scoop out 15 equally sized pieces of dough and, using your hands, roll them into balls. Arrange on the lined baking tray, spaced evenly apart.
6. Make a thumbprint indentation in the centre of each ball. Fill each dip with a small amount of jam.
7. Bake in the preheated oven for 12 minutes, until the cookies are golden brown and have spread slightly.
8. Remove and leave to cool on the tray, on a wire rack, before eating.



4 servings

Supercharged Date & Banana Pancakes



INGREDIENTS

3 ripe bananas
(about 300g / 10.5 oz; you want them to be very ripe, dark & spotty)

1 lemon, zested

4 Medjool dates,
pitted & roughly chopped

2 tablespoons shelled hemp seeds

1 tablespoon chia seeds

185ml plant milk

150g self-raising flour

2 tablespoons coconut oil
(for frying)

METHOD

1. Place the bananas, lemon zest, dates, hemp seeds, chia seeds and plant milk in a food processor and blitz on a high speed for a couple of minutes until well combined and there are no lumps.
2. Add the flour and blitz again until you have a thick batter.
3. Heat a little coconut oil in a non-stick frying pan over a medium heat and fry large spoonfuls of the batter for a couple of minutes on each side. You will need to spread the mixture out a little to make 8-10cm / 3-4" pancakes.
4. Keep the cooked pancakes warm (under a tea towel) while you use up the remaining batter.
5. Serve the pancakes with your choice of compote or berries, some coconut yoghurt, more hemp seeds or chopped nuts and a drizzle of maple syrup.

2 servings

Avocado, Date & Berry Smoothie



INGREDIENTS

1 ripe avocado,
stone removed

4 Medjool dates,
pitted

100g frozen blueberries

375ml plant milk

1 tablespoon porridge oats

1 tablespoon chia seeds

1 ripe banana
(optional)

METHOD

1. Simply place all of the ingredients into a high-speed blender and blitz until smooth and creamy. Enjoy immediately.



**Eat the
Rainbow**

2 of your 5 a day!

4 servings

Instant Mini Pizzas



INGREDIENTS

280g self-raising flour
(+ extra for dusting)

280g coconut yoghurt

2 tablespoons olive oil
(+ extra to drizzle)

pinch of flaky sea salt

8 tablespoons passata

METHOD

1. Preheat the oven to 200°C fan / 400°F.
2. Use a wooden spoon to mix the flour, yoghurt, oil and salt together in a large mixing bowl until combined. Place the coconut sugar, flour and baking powder into a medium bowl and whisk until no lumps remain.
3. Turn the dough out onto a well-floured surface and press and pat gently to bring it together. It will be sticky, but don't worry.
4. Divide the dough into 4 equal balls. Dust the surface and each ball with more flour and roll each one into a circle, about 20cm / 8" wide.
5. Take 2 pizza bases and transfer each one on to a baking tray and bake in the oven for 3-4 minutes.
6. Remove from the oven, spread 2 tablespoons of passata onto each base then add your chosen toppings and a good drizzle of oil. Return to the oven and bake for another 8-10 minutes until the base is crispy.



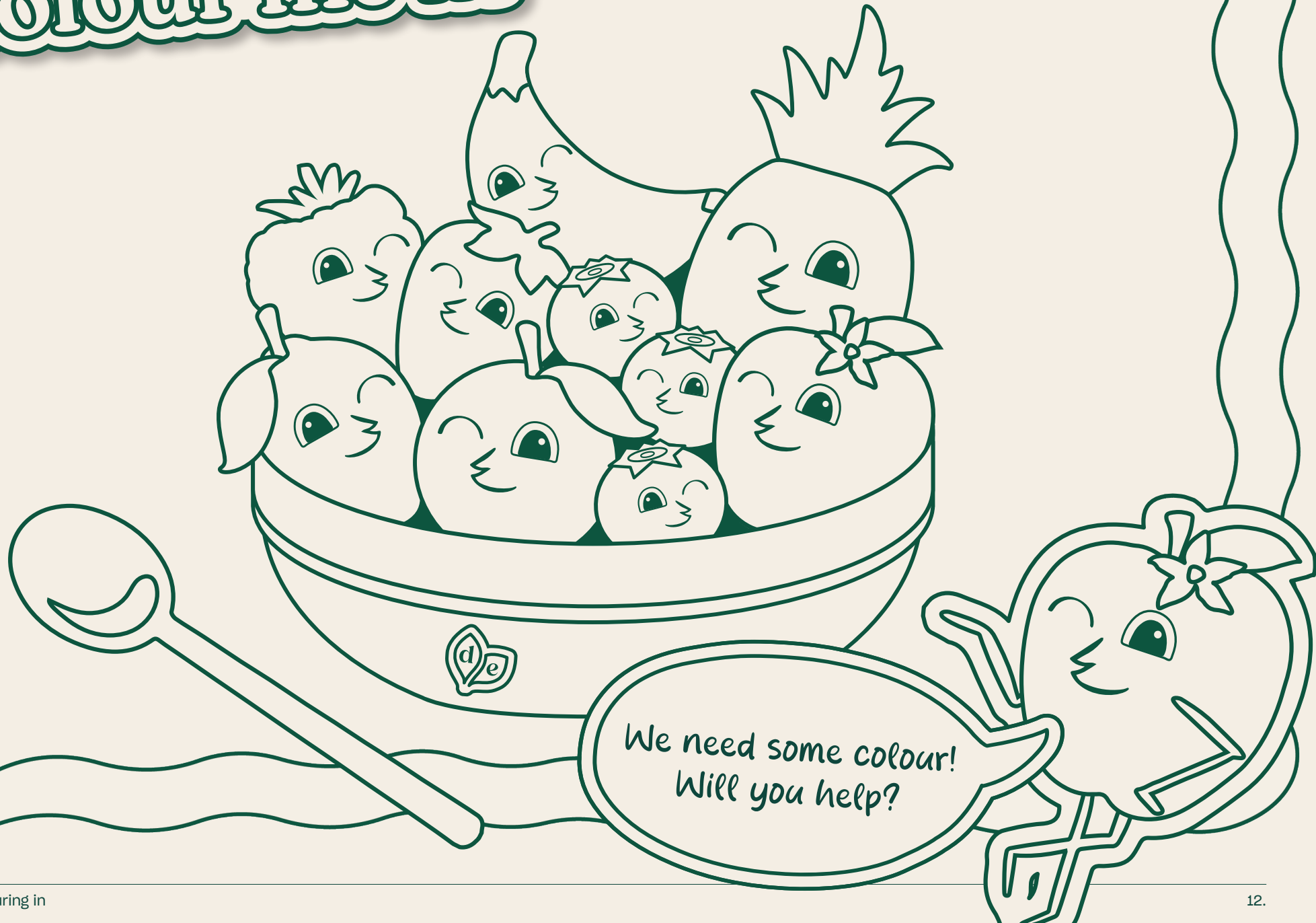
Activities



Yay!



Colour me in



We need some colour!
Will you help?

Wordsearch

r	f	g	r	x	s	n	a	c	k
h	d	r	y	f	r	u	i	t	m
v	e	i	b	l	e	n	d	e	r
o	s	l	f	o	p	v	b	h	x
r	s	l	i	c	e	i	y	p	o
v	e	g	e	t	a	b	l	e	s
p	r	x	b	v	i	c	b	u	m
i	t	r	m	o	p	h	f	i	r
b	f	u	b	r	b	o	w	l	v
w	h	i	s	k	x	p	h	y	b

Words to find:

Vegetables

Snack

Chop

Fruit

Bowl

Grill

Slice

Dessert

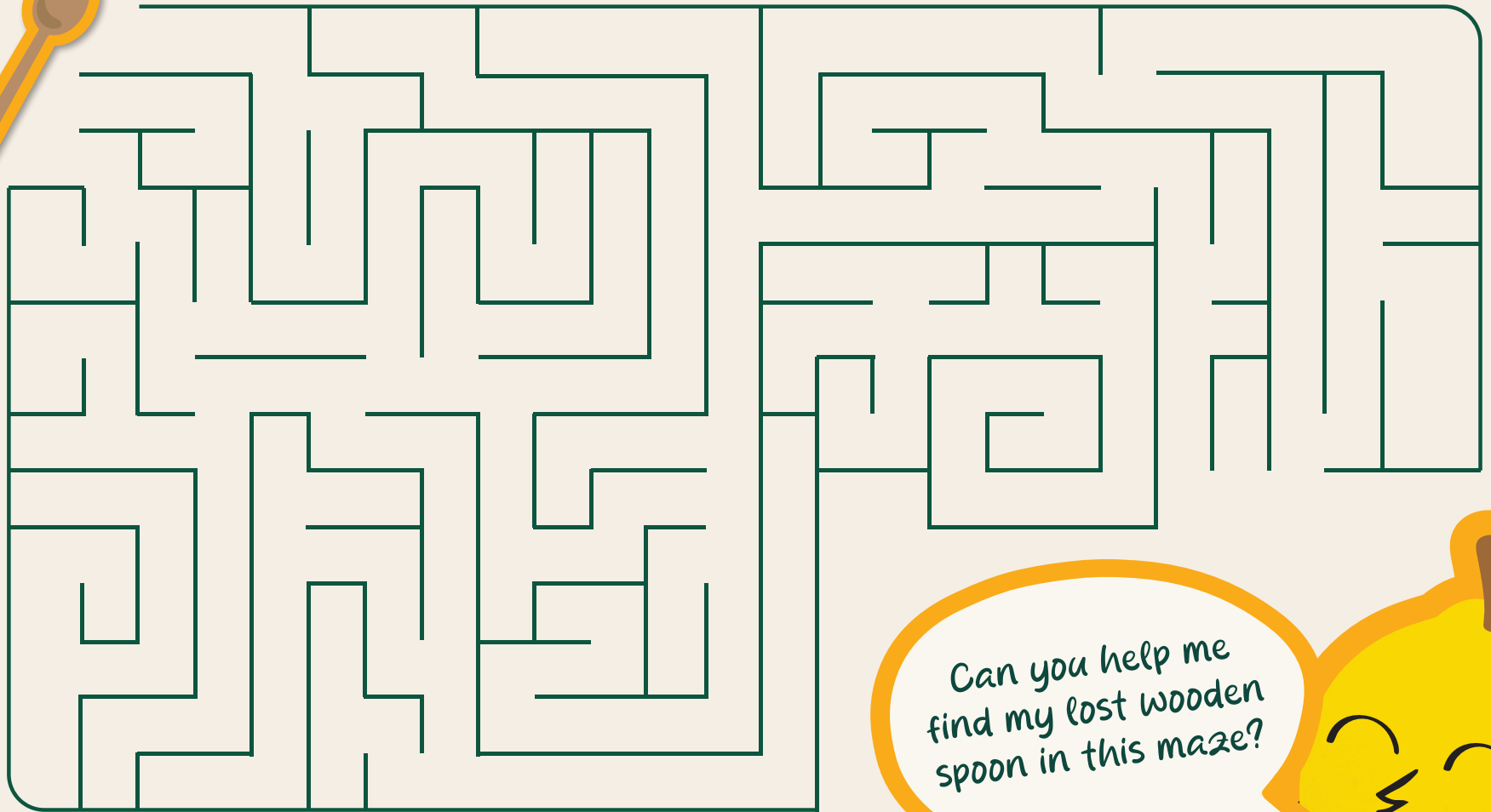
Whisk

Blender

Can you help me
find the cooking
words in this grid?



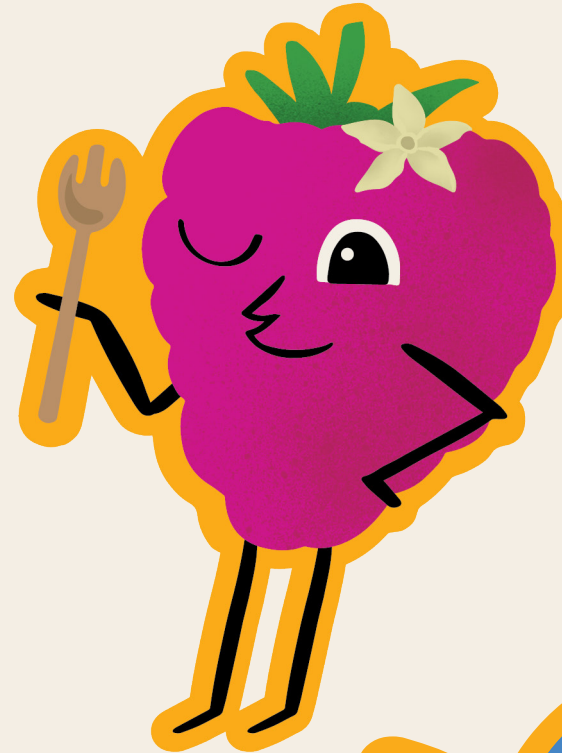
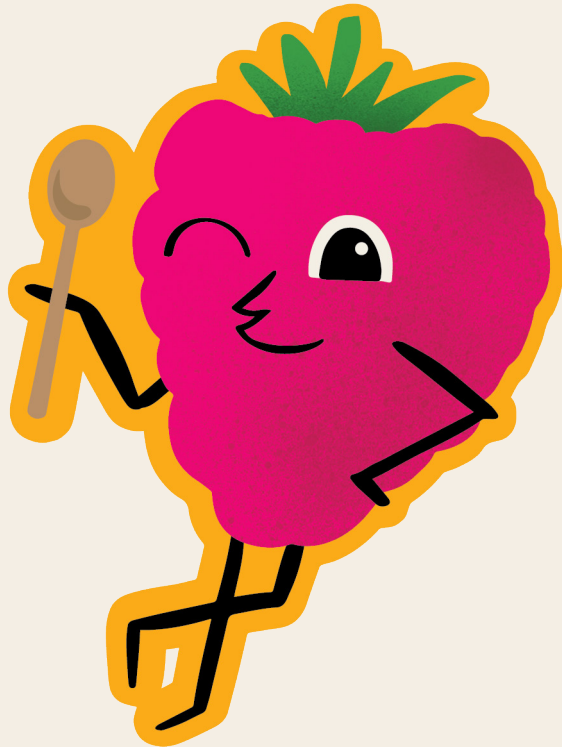
Maze



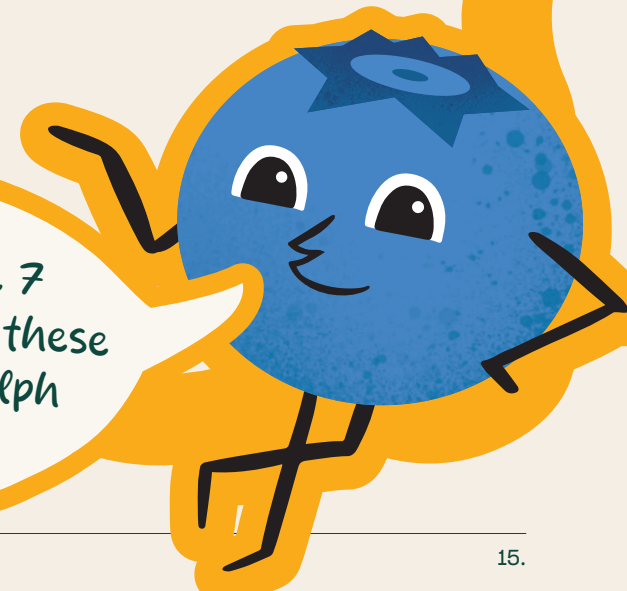
Can you help me
find my lost wooden
spoon in this maze?



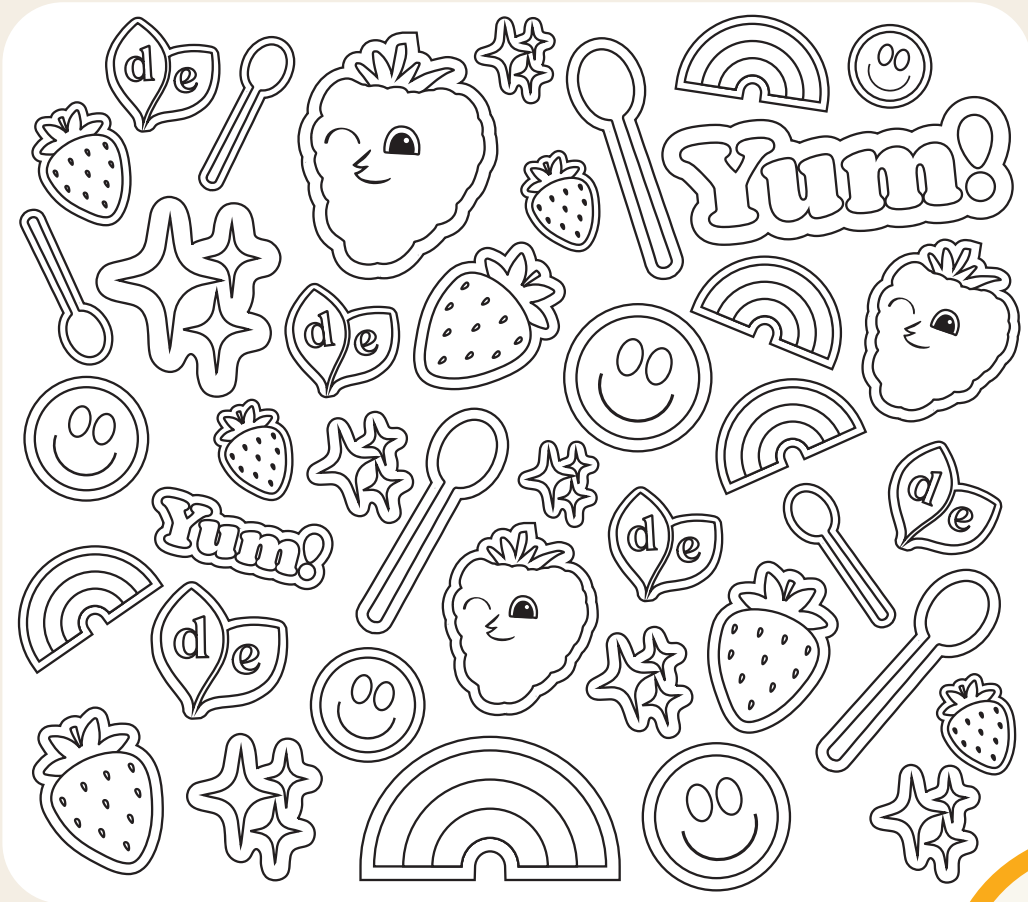
Spot the difference



Can you spot the 7 differences between these two pictures of Ralph Raspberry?



I spy



	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>



Count how many of each item you can spot and write your answer in the circles above!

Little



~~Delicious~~ ways to feel better