

Lamb wraps



Feeds: 2

Time to cook: Approximately 10 minutes

Take....

Lean minced lamb
Red & yellow pepper
BBQ seasoning
Tomato ketchup

Make....

- 1 In a non-stick pan dry fry **225g(8oz) lean minced lamb** along with $\frac{1}{2}$ **red pepper** and $\frac{1}{2}$ **yellow pepper**, seeded and finely chopped, for 5-6 minutes (alternatively substitute the peppers for peas, sweetcorn or frozen mixed vegetables according to kids tastes).
- 2 Add **10ml(2tsp) BBQ seasoning** or similar, and **45ml(3tbsp) tomato ketchup**. Cook for 2-3 minutes.

Eat....

Serve the lamb mince rolled in flour tortilla wraps with grated cheese, slices of tomato, sweetcorn or baked beans and let the kids assemble their own wraps.

Mini meatballs



Feeds: 2

Time to cook: Approximately 10-15 minutes

Oven temperature: Gas mark 4-5, 180°C, 350°F

Take....

Lean minced beef

Frozen mixed vegetables

Tomato ketchup

Make....

- 1 Cook **75g(3oz) frozen mixed vegetables** - peas, sweetcorn, carrots etc - in microwave for 1-2 minutes and finely chop. In a bowl place **225g(8oz) lean minced beef**, add the chopped vegetables and **15ml(1tbsp) tomato ketchup** and mix well.
- 2 Shape teaspoons full of the mince mixture into about 24 balls and place onto a baking tray. Cook in a preheated oven for about 10 minutes.

Eat....

Serve the meatballs stuffed into pitta breads with ketchup or dip of choice, potato wedges or shapes and salad.

Sausage Stars



Feeds: 4 - 6 (makes 12-16 stars)

Time to cook: 15 minutes

Oven temperature: Gas mark 7, 220°C, 425°F

Take....

Lean pork chipolata sausages

Packet puff pastry

Tomato ketchup

Canned or frozen sweetcorn

Low-fat Cheddar cheese

Make....

- 1 Roll out **500g packet puff pastry** on a floured surface (or use ready rolled). Spread with **30ml-45ml(2-3tbsp) tomato ketchup** and cut out 12-16 stars or other shapes using a cutter of your choice
- 2 Sprinkle **30ml(2tbsp) canned or frozen sweetcorn** over the stars and place a **lean pork chipolata sausage** on each star (any remaining can be cooked alongside the stars) and sprinkle over **30ml(2tbsp) low-fat Cheddar cheese**, grated. Place onto baking sheets and cook in a preheated oven for approximately 15 minutes until golden.

Eat....

Serve with baked beans, potato wedges or salad. Try making mini vegetable kebabs to serve with them: - thread cubes of peppers, cucumber, cherry tomatoes and cheese onto cocktail sticks.