



Captain Carrot and Colonel Cucumber's *Favourite Recipes*

12 quick, easy and affordable recipes from our current menu

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This cookbook features 12 delicious recipes from our current menu served across Leicester city primary schools that the whole family can make together and enjoy at home.

Each recipe has been taste tested and approved by primary school children.

There are hints and tips to show you how versatile the recipes can be and provide extra nutritional benefits.

These recipes should be included as part of a balanced meal and help improve your health and wellbeing.



Contents

Butternut Squash, Chickpea and Spinach Curry	Page 4
Chicken Fricassee	Page 6
Cheese Flan	Page 8
Chilli Paneer	Page 10
Falafels with Mint Raita and Masala Potatoes	Page 12
Lamb Mince Pasta Bake	Page 14
Sweet Chilli Quorn Wrap	Page 16
Tuna Burger	Page 18
Carrot Cake Biscuits	Page 20
Cherry and Coconut Flapjack Fingers	Page 22
Oat and Banana Cookies	Page 24
Pear and Chocolate Sponge with Chocolate Sauce	Page 26

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Butternut Squash, Chickpea & Spinach Curry

SERVES 4

Ingredients

1 x 400g tin chickpeas (drained)
1 onion (diced)
100g butternut squash (diced into 1cm cubes)
200g spinach leaves
1 x 400g tin chopped tomatoes
1cm cube ginger (finely chopped)
1 green chilli (finely chopped)
2 cloves garlic (finely chopped)
1 teaspoon tomato puree
1 tablespoon gram flour or cornflour
1 tablespoon cumin and coriander powder
¼ teaspoon turmeric powder
¼ teaspoon garam masala
1–2 whole cloves
1 (1cm wide) cinnamon stick
¼ teaspoon cumin seeds
¼ teaspoon mustard seeds
1 tablespoon oil
Handful fresh coriander (chopped)



Method

1. Heat the oil, add cloves, cinnamon, mustard and cumin seeds. When you hear popping sounds add the diced onions.
2. Sauté to a golden colour, then add the chopped tomatoes and stir.
3. Then add the cumin and coriander powder and turmeric powder. Stir well then add the ginger, garlic, green chillies and tomato puree.
4. Simmer and add the chickpeas and butternut squash to the sauce.
5. Make a thick paste from gram flour or cornflour with a small amount of water. Add this to the curry (gives flavour and thick consistency).
6. Simmer for 15–20 minutes. Add extra water if needed. Once the butternut squash is soft, add the spinach leaves and cook for a further 5 minutes.
7. Check seasoning and consistency – add the garam masala and chopped fresh coriander.



Hints and tips

- ➔ Add lemon juice which will lift the flavour, so you can add less salt too.
- ➔ Use other vegetables at step 4 like mixed frozen vegetables, aubergine or even add lentils.
- ➔ Instead of butternut squash use potatoes, keep the skin on as this adds more flavour and keeps the goodness in.
- ➔ Serve with rice, chapatti or naan bread and salad. A few spoons of low-fat natural yogurt is nice too.
- ➔ Instead of chickpeas use a tin of kidney beans, black eyed beans or butter beans.
- ➔ Make extra and freeze some for another meal.



Chicken Fricassee

SERVES 4

Ingredients

3 chicken breasts (diced)

Sauce

25g plain flour

30g margarine

150ml semi skimmed milk

250ml stock cube (vegetable or chicken)



Method

1. Steam the chicken for approximately 20 minutes or until cooked. Alternatively cook the diced chicken in a non-stick pan for 10 minutes.
2. Make a white sauce by melting the margarine in a non-stick pan (on a medium heat) then stir in the flour and cook for a few minutes
3. Then pour in the milk and stock gradually, keep on stirring so that the white sauce thickens without any lumps. Season as required.
4. Mix the chicken into the white sauce and serve.

Hints and tips

- Use onions in step 1 by frying them first in some oil in a pan then add other vegetables like mushrooms, peppers, peas, carrots, sweetcorn and finally add in the chicken.
- For a vegetarian meal use Quorn pieces or vegetarian sausages instead of the chicken.
- Add herbs like parsley, thyme or a teaspoon of cumin powder and a pinch of nutmeg.
- Serve with wholegrain rice or mashed potatoes, a crusty roll or baguette.



Cheese Flan

Captain Carrot's favourite recipe

SERVES 4

Ingredients

Pastry

200g plain flour
100g margarine

Filling

10g pudding rice
1 egg (beaten)
110g grated cheese
150ml semi skimmed milk
Pepper to taste



Method

1. Preheat the oven to 220°C (fan 200°C, gas 7).
2. To make the pastry, place the flour in a large bowl and rub in the margarine until you have a soft breadcrumb texture. Add enough cold water to make the crumb mixture come together to form a firm dough, and then rest it in the fridge for 30 minutes.
3. Meanwhile heat the rice and milk gently in a saucepan until it resembles thick rice pudding. Then take off the heat.
4. Add the cheese and beaten egg to the rice mixture. Season.
5. Roll out the pastry on a lightly floured surface to the thickness of about 3–4mm.
6. Lift the pastry over the rolling pin, then drape the pastry over a 20cm round, loose bottom flan tin and press into the base and up the sides. Trim the edges off using a knife.
7. Line the pastry case with a circle of baking parchment and fill with baking beans. Bake the pastry case for 10 minutes until pale golden. Remove the baking parchment and beans and return the pastry case to the oven for a further 5 minutes until golden and crisp.
8. Lower the temperature to 190°C (fan 170°C, gas 5).
9. Pour in the rice mixture over the pastry case and spread evenly.
10. Bake in the oven for about 25 minutes or until golden brown.



Hints and tips

- Serve a slice of cheese flan with a mixed salad and potato wedges (try sweet potato wedges).
- Add vegetables into flan like peppers, onions, sweetcorn, broccoli, courgettes, baby spinach, butternut squash (these will need to be pre-cooked before adding into mixture at step 4).
- Add cherry tomatoes, basil leaves or chopped chives on top of the pre-cooked pastry before adding the mixture for a different flavour.
- Try with salmon (this will need to be cooked first in the oven) then break into large pieces and add onto the pre-cooked pastry.



Chilli Paneer

SERVES 4

Ingredients

- 1-2 tablespoons oil
- 1x200g block of paneer
- 1 onion (chopped)
- 2 mixed peppers (medium sized pieces)
- ¼ tin chopped tomatoes
- 1 tablespoon tomato puree
- 1cm cube ginger (finely chopped)
- 1 green chilli (finely chopped)
- 3-4 cloves of garlic (finely chopped)
- ½ teaspoon paprika powder
- 1 tablespoon tomato ketchup
- 1 tablespoon soy sauce



Method

1. On a medium heat, place the oil in a pan and fry the onions, leave to sauté.
2. Add the diced paneer into the pan and stir. Gently stir the paneer pieces to make them soft and brown.
3. Stir in the mixed peppers and cook for a further 2-3 minutes.
4. Add in the ginger, garlic, green chilli and the paprika and mix well.
5. Stir in the chopped tomatoes, tomato puree, soy sauce and tomato ketchup.
6. Cover the pan and leave it to simmer for 5-10 minutes.

Hints and tips

→ For an authentic taste and flavour mix all the ingredients together and place in an oven dish, bake in the oven for 20-30 minutes, stirring halfway through.

→ Or even healthier try it with tofu instead of paneer.

→ Enjoy chilli paneer with wholegrain rice, noodles or flat bread.

→ Add other vegetables like, mushrooms, courgettes, aubergine, sweetcorn and peas.

→ If you want it spicy then add chilli sauce or chilli powder at step 5.





Falafels with Mint Raita and Masala Potatoes

SERVES 4

Ingredients

Falafels

- 400g tin chickpeas (washed and drained)
- 1 onion (finely chopped)
- 1 garlic clove (crushed)
- Handful parsley (chopped) or 1 teaspoon mixed herbs
- Juice of ½ lemon
- ½ teaspoon chilli powder
- 1 egg (beaten)

Yoghurt and mint raita

- 200g natural low fat yogurt
- Fresh mint (chopped) and lemon juice to taste

Masala potatoes

- 200g potatoes
- 1 teaspoon oil
- ½ teaspoon cumin powder
- ½ teaspoon chilli powder
- ½ teaspoon coriander powder
- ¼ teaspoon turmeric powder
- ¼ teaspoon garam masala
- Fresh chopped coriander



Method

Falafels

1. Finely grind the chickpeas in a food processor or blender.
2. Add the onions and garlic and continue to pulse until they have combined.
3. Tip into a bowl and stir in the parsley, lemon juice and chilli powder. Add enough egg to bind and squish the mixture together with your hands.
4. Divide the mixture into 4–6 equal balls and shape into patties, about 10cm in diameter and 2cm thick. You can do one or two to a portion.
5. Bake in the oven until golden and crisp. Do not overcook or they will become very dry.

Yoghurt and mint raita

Mix the fresh mint and lemon juice with the natural yogurt and serve as a dressing with falafels.

Masala potatoes

1. Wash and steam or boil the potatoes until cooked and cut into cubes.
2. Heat oil in a pan and add cumin seeds, reduce the heat and add all the dry spices.
3. Add the potatoes and mix well so that the spices coat the potatoes. Cover and cook on a low heat for 5–10 minutes.
4. Add fresh coriander.



Hints and tips

- Instead of masala potatoes you can serve falafels in a pitta bread, wraps or with a lemon and mint couscous.
- Add raw grated beetroot and breadcrumbs into the blender with the chickpeas for vibrant beetroot falafels.
- Also goes well with hummus, coleslaw or a tomato salsa instead of yogurt and mint raita.
- Freeze the made-up falafel balls instead of baking and save for another day.
- Use new potatoes and keep them whole.



Lamb Mince Pasta Bake

SERVES 4

Ingredients

40g green lentils
1 tablespoon oil
250g minced lamb
1 onion (chopped)
4–5 mushrooms (chopped)
1 green pepper (chopped)
2 cloves of garlic (crushed)
2 teaspoons tomato puree
200g tin chopped tomatoes
1 teaspoon dried oregano
100g pasta twists
30g grated cheese



Method

1. Place the lentils in a pan with enough water to cover, and then bring to the boil. Reduce the heat to medium and cook for 20–30 minutes or until tender. Drain well.
2. Meanwhile, heat the oil in a large pan. Add the onions and stir for 1–2 minutes before adding the mince. On a medium heat stir the mince well to break up any lumps and cook for about 5 minutes.
3. Add the peppers, mushrooms and garlic into the lamb mix and cook for a further 3–4 minutes or until the vegetables are soft.
4. Stir in the tomato puree and chopped tomatoes and cook for 2 minutes.
5. Finally add the cooked lentils and oregano and cook for 10–15 minutes.
6. Meanwhile bring a large pan of water to boil and cook the pasta, then drain and stir into the lamb mixture.
7. Preheat the oven 200°C (fan 180°C, gas 6).
8. Pour the mixture into a baking dish and top with cheese.
9. Bake in the oven for 10–15 minutes or until golden brown.

Hints and tips

→ Use ½ tin of green lentils to save time on boiling, just remember to drain and rinse in cold water before using.

→ Use other vegetables like carrots, baby spinach or celery.

→ Any type of pasta shapes works well with this recipe including penne, macaroni and bows.

→ Serve with a side salad or roasted vegetables.

→ Replace lamb mince with soya or Quorn mince, chickpeas or tuna.

→ Use a stock cube or add a splash of Worcester sauce for a different flavour.

→ Double up the quantities and freeze some for another time.





Sweet Chilli Quorn Wrap

SERVES 4

Ingredients

1 tablespoon oil
255g Quorn pieces
1 onion (sliced)
2 peppers (sliced)
1 garlic clove (finely chopped)
1 tablespoon tomato puree
½ tablespoon paprika powder
1 tablespoon tomato ketchup
1 tablespoon soy sauce
4 tortillas



Method

1. In a pan add the oil and fry the Quorn pieces for a few minutes.
2. Then add the onions and cook for a further 5 minutes.
3. Stir in the peppers and cook for a further 2–3 minutes.
4. Add in the garlic and paprika and mix well.
5. Stir in the tomato puree, soy sauce and tomato ketchup.
6. Cover the pan and leave it to simmer for 5–10 minutes. Make sure the mixture is not too wet.
7. Put a spoonful of the mixture into a tortilla wrap, fold over and cut into 2 pieces and serve.

Hints and tips

- Use Quorn fillets or Quorn mince instead of Quorn pieces.
- Make it spicy by adding some chilli powder or some chilli sauce.
- Warm the tortilla wrap in a hot pan for 15 seconds on each side.
- Add baby spinach leaves, spring onions, carrots, mushrooms, baby sweetcorn in step 3.
- In step 7 use lettuce leaves, cucumber, avocado, grated carrots, olives.
- Replace Quorn with chicken, kidney beans or chickpeas.
- Instead of wraps serve with chapattis, rice or noodles.
- If you have some leftover make up a cold wrap for your lunch the next day.



Tuna Burger

SERVES 4

Ingredients

275g potatoes (peeled)
1 tablespoon mayonnaise
½ lemon finely grated zest only
2 spring onions (thinly sliced)
185g tuna (well drained)
2 slices of bread (preferably stale bread for breadcrumbs)
Plain flour
Semi skimmed milk



Method

1. Preheat the oven to 200°C (fan 180°C, gas 6).
2. Cook the potatoes in a steamer or pan of boiling water until tender. Drain and add them into a large bowl and mash together until smooth.
3. Mix in the mayonnaise, lemon zest, spring onions, and tuna. Check seasoning.
4. Put the bread in a food processor and pulse until it crumbs and place in a shallow dish. In another shallow dish add some flour and, in another bowl, add some milk.
5. Portion the mixture into 4–6 burgers (depending on the size you require).
6. Coat each burger in some flour then dip in milk and finally roll into breadcrumbs.
7. Place on a lightly greased baking tray and bake for 15 minutes until the breadcrumbs are golden brown and crispy.

Hints and tips

- Serve tuna burger in a ciabatta roll or a burger bun with lettuce, avocado, sliced tomatoes and onions.
- Cook the tuna burgers on a griddle pan.
- You can freeze the uncooked fish burgers, wrap them individually in cling film and freeze for up to 3 months.
- Add sweetcorn, some grated cheese and chopped fresh parsley to the tuna mixture.
- Instead of tuna add a tin of drained kidney beans (mashed up), with some chilli powder to make some spicy bean burgers.
- Or serve tuna burgers with vegetable cous cous and tomato salsa.



Carrot Cake Biscuits

MAKES 12

Ingredients

200g plain flour
¼ teaspoon baking powder
½ teaspoon ground cinnamon
½ teaspoon mixed spice
75g margarine (at room temperature)
75g soft brown sugar
100g carrots (finely grated)
Zest and juice of 1 orange
60g icing sugar
1–2 teaspoons water



Method

1. Preheat the oven to 190°C (fan 170°C, gas 5). Line a baking tray with greaseproof paper.
2. In a large bowl, cream together margarine and sugar.
3. Add all the dry ingredients and the carrots, and using a spoon mix together. Then use your hands until it forms a dough and divide into 12 pieces.
4. Shape into ball and press down on to the baking tray.
5. Bake for approximately 20 minutes or until golden and firm. Remove from the oven and let them cool down.
6. Make up icing by mixing the icing sugar with water, and add more water if needed.
7. Once the biscuits have cooled, drizzle the icing over the biscuits.

Hints and tips

→ Reduce the amount of sugar in the recipe as there is icing on top too.

→ Use half wholemeal flour to increase fibre.

→ Add a handful of raisins/sultanas at step 3, for something different.

→ Add 1 tablespoon of ground almonds at step 3.





Cherry and Coconut Flapjack Fingers

MAKES 12

Ingredients

200g margarine
100g soft brown sugar
125g golden syrup
300g oats
55g glacé cherries
35g desiccated coconut



Method

1. Preheat the oven to 180°C (fan 160°C, gas 4). Line a baking tray with greaseproof paper.
2. In a large pan melt the margarine, sugar and syrup. Take off the heat and add the oats, cherries and coconut, mix all the ingredients together.
3. Press the mixture evenly into the baking tray and bake in the oven for 20 minutes.
4. Take the flapjacks out of the oven and cut straight away into approximately 12 portions, leave to cool slightly before removing from the tray.

Hints and tips

- Try other dried fruit like apricots, raisins or stem ginger, for a different flavour.
- Reduce the amount of sugar.
- Replace the coconut with ground hazelnuts or chopped walnuts, for a nutty taste.
- Ideal for a packed lunch snack.



Oat and Banana Cookies

MAKES 12

Ingredients

- 60g margarine
- 110g soft brown sugar
- Semi skimmed milk (for binding)
- 1 small ripe banana (mashed)
- 55g plain flour
- ¼ teaspoon bicarbonate of soda
- ½ teaspoon ground cinnamon
- 125g porridge oats



Method

1. Preheat the oven to 180°C (fan 160°C, gas 4). Line a baking tray with greaseproof paper.
2. Cream together the margarine and sugar then add the banana and mix well.
3. Add all the dry ingredients and mix together. Add enough milk to bind the mixture.
4. Divide the mixture into 12 equal round balls, place them onto the baking tray and gently press them down.
5. Bake for 15 minutes or until the cookies are lightly brown. Remove from the oven and let them cool down.

Hints and tips

- Reduce the quantity of sugar.
- Drizzle with icing once cookies have cooled down, for something different.

- Add mixed spice or ground ginger at step 3, for extra flavour.
- Add dried fruit like raisins, sultanas at step 3.





Pear and Chocolate Sponge with Chocolate Sauce

MAKES 6-8

Ingredients

60g margarine
65g caster sugar
3 eggs
325g self-raising flour
10g cocoa powder
35ml semi skimmed milk
1 x 410g tin pears in juice
(drained and sliced)

Sauce

450ml semi skimmed milk
10g cornflour
5g caster sugar
10g cocoa powder



Method

1. Preheat oven to 180°C (fan 160°C, gas 4) and line an 8" cake tin with greaseproof paper.
2. Place the margarine, sugar, cocoa and flour into a bowl and mix until soft and fluffy.
3. Gradually add the eggs and milk a little at a time and whip to a fluffy light texture.
4. Place the sliced pears at the bottom of the cake tin and spoon the sponge mixture over the pears.
5. Bake in the oven for 25–30 minutes. Check if it's ready by using a skewer inserted into the middle and see if it comes out clean.
6. Mix the cornflour, cocoa and sugar together with a little of the milk to make a paste.
7. Heat the remaining milk and gradually whisk in the cornflour paste and cook until the chocolate sauce thickens.
8. Place a slice of the cake onto a plate and serve with warm chocolate sauce.

Colonel
Cucumber's
favourite recipe



Hints and tips

- Serve with custard or cream.
- Instead of tinned pears use tinned apples, tinned cherries.
- Make up individual portions by dividing mixture into cake cases.
- Add the zest and juice of one small orange at step 3.



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