



Creole Jambalaya with Pita

12 child size portions

Ingredients

- 1 Table spoon of vegetable oil
- 1 Medium sized onion, peeled and finely chopped
- 2 Cloves of garlic, peeled and crushed
- 175g Vegetarian mince
- 3 Vegetarian sausages, sliced into bite sized chunks
- 1 Leek, washed and thinly sliced
- 1 Red pepper, deseeded and diced
- 1 Stick of celery, diced
- 1 Courgette, diced
- 8 Medium sized mushrooms, diced
- 1 Teaspoon mixed dried herbs
- 2 Teaspoons mild chilli powder
- 200g Long grain rice
- 600g Chopped tomatoes, sieved

Method

In a large pan, heat the oil, add the onion and garlic and soften for 2 minutes

Add the mince and sausages and brown

Add the leek, red pepper, celery, courgette and mushrooms and stir until the vegetables have soften slightly

Add the herbs and chilli and stir well, then stir in the rice until well mixed

Add the sieved tomatoes, cover and simmer for 15 minutes until the rice is tender

Serve with pitta bread fingers.

Sweet and Sour Pork, Egg Noodles and Stir Fried Veg

12 Child Size Portions

Ingredients

- 700g Pork loin
- 2 Tablespoons vegetable oil
- 1 Clove garlic, peeled and finely chopped
- 1 Medium sized onion, thinly sliced
- 1 Large carrot, thinly sliced
- Spears from 1 small broccoli
- 1 Medium green pepper, thinly sliced
- 1 Small (250g) can crushed pineapple in juice
- 1 Tablespoon soy sauce
- 1 Tablespoon tomato puree
- 1 Tablespoon tomato ketchup
- 1 Tablespoon white wine vinegar
- 1 Tablespoon cornflour
- 250ml Water

Method

Thinly slice the pork. Heat the oil in a frying pan and fry the pork until slightly brown and thoroughly cooked and tender.

Make the sauce by combining the garlic and vegetables in a separate pan with the pineapple and it's juice, soy sauce, tomato puree, ketchup and vinegar.

Blend the cornflour with a little water and add this, along with the remaining water to the vegetables. Bring the mixture to the boil. Simmer for 20mins.