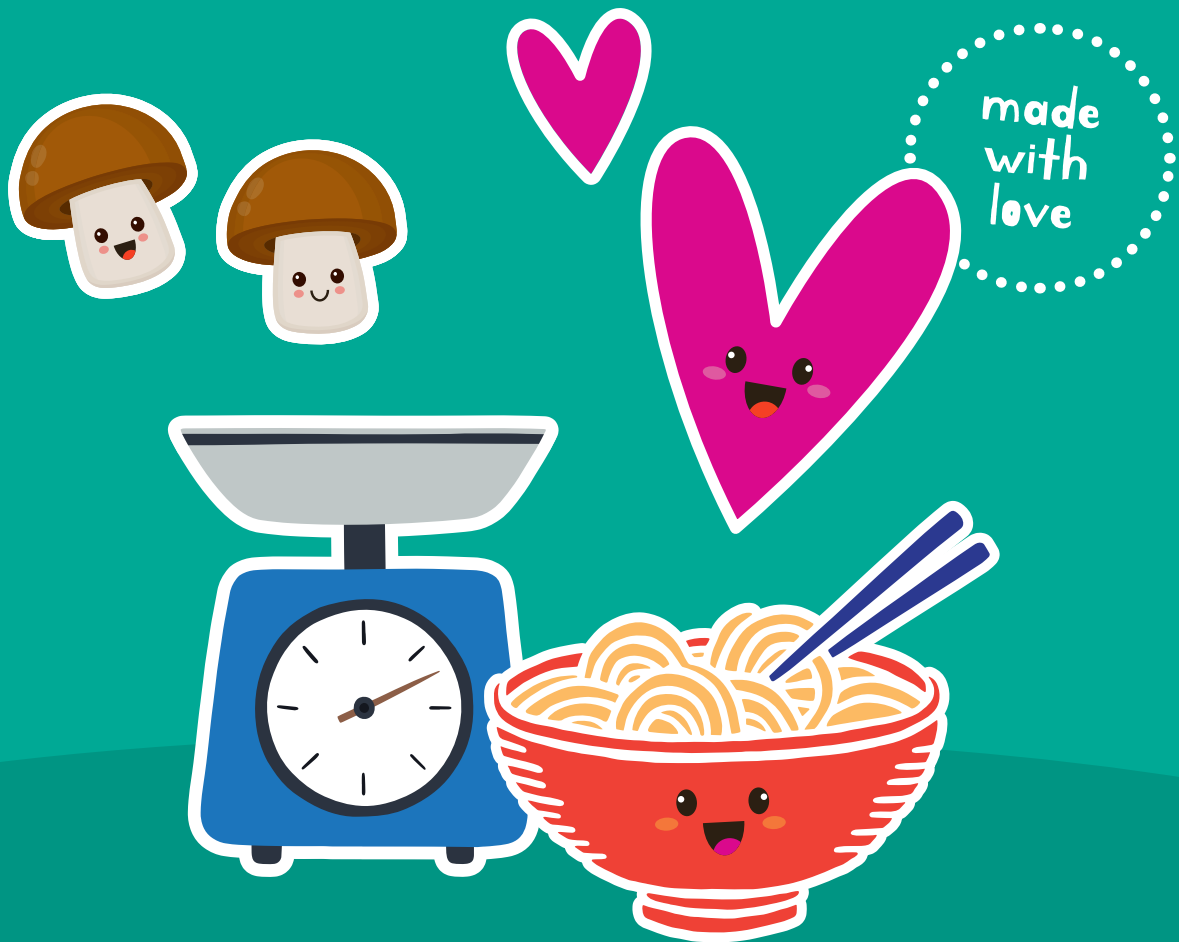


# Cookbook



Dear Families,

It brings us immense joy to present this cookbook to our wonderful families. National Nutrition Week is a time to celebrate the importance of healthy eating, and what better way to do so than by sharing a collection of our favourite recipes, lovingly contributed by Centre Cooks from across our network of centres.

At St Nicholas, we understand that nutrition plays a vital role in the development and wellbeing of children. The recipes in this cookbook are more than just meals; they are crafted with care to fuel growing bodies and minds. From wholesome meals to delightful snacks, these dishes are designed to be both nutritious and delicious, making healthy eating an enjoyable experience for the entire family.

Each recipe reflects the creativity, passion, and dedication of our talented cooks who work tirelessly to ensure that every child at St Nicholas receives meals that are not only nourishing but also filled with love. It is our hope that these recipes will inspire you to create memorable moments in your own kitchen, bringing joy and health to your family's table.

We wish you many happy and healthy meals ahead – enjoy!



# Lasagna

## Ingredients

**Lasagna sheets**

**2 large onions, diced**

**1 tbsp garlic**

**3 carrots, grated**

**3 zucchinis, grated**

**300g mushrooms, finely diced**

**1.5kg beef mince**

**800g diced tomato**

**4 tbsp tomato paste**

**Mozzarella cheese**

**Mixed herbs, salt and pepper to taste**

## Method

- 1 Sauté onions and garlic.
- 2 Add carrots and zucchini.
- 3 Meanwhile, fry off mince. Once browned, add the herbs.
- 4 Add the sautéed vegetables back in.
- 5 Add the mushrooms and stir.
- 6 Add diced tomatoes and tomato paste.
- 7 Season with salt and pepper.
- 8 Simmer the sauce for 3 to 4 minutes.
- 9 Construct your lasagna with layers of lasagna sheets, mince mixture and mozzarella cheese until you have about 4 or 5 layers.
- 10 Bake at 180°C for about 40 minutes.
- 11 Serve.



# Tomato Glazed Meatloaf

## Ingredients

### Meatloaf:

- 1kg beef mince
- 1 cup breadcrumbs
- 1 zucchini, grated
- 1 carrot, grated
- 1 onion, chopped
- ½ cup tomato pasta sauce
- 3 eggs

### Glaze:

- 1 cup tomato pasta sauce
- ¼ cup Worcestershire sauce
- ¼ cup brown sugar

## Method

- 1 Combine all meatloaf ingredients and mix well.
- 2 Press the mixture into an oven proof dish.
- 3 Bake in a moderate (180°C) oven for 50 minutes - 1 hour.
- 4 Once cooked, remove from oven.
- 5 Combine all the glaze ingredients in a saucepan and gently heat through.
- 6 Pour the glaze over the meatloaf just before serving.



# Banana bread

## Ingredients

- 2 cups self-raising flour
- 2 cups wholemeal flour
- 2 tbsp baking powder
- 3 cups infant rice cereal (iron enriched)
- 1 cup wheat germ
- 1 cup brown sugar
- 6 tbsp golden syrup
- 4 eggs
- 4 large ripe bananas
- 2 cups milk
- ½ cup oil
- 2 cups dates or sultanas (optional)

## Method

- 1 Combine all the dry ingredients (flour, baking powder, infant rice cereal, wheat germ, and brown sugar). Mix well, making sure that there are no lumps. If using dates or sultanas, add now.
- 2 Beat the eggs and add the mashed bananas, golden syrup, milk and oil. Stir and add to the dry ingredients. Mix well.
- 3 Pour the mixture into a loaf pan (lined with baking paper).
- 4 Bake in a slightly lower moderate oven (170°C) to help prevent over-browning or burning. Cook for 20-30 minutes. Test with a skewer to make sure the centre of the banana bread is cooked.
- 5 Cool and serve.

# Butter Chicken

## Ingredients

**½ cup Greek-style yoghurt**  
**½ tsp minced garlic**  
**Thumb of ginger, grated**  
**1 tsp ground cumin**  
**1 tsp ground coriander**  
**1 tsp garam masala**  
**¼ tsp chilli powder**  
**500g chicken breast or thigh**  
**1 tbsp vegetable oil**  
**1 brown onion, halved, thickly sliced**  
**410g can tomato purée**  
**½ cup Massel chicken style liquid stock**  
**½ cup thickened cream or light coconut milk**  
**Rice of choice, to serve**  
**Coriander**

## Method

- 1 Combine yoghurt, garlic, ginger, cumin, coriander, garam masala and chilli powder in a bowl and stir. Add chicken into mix and stir. Cover and place in fridge for 2 hours.
- 2 Add oil to a large pot on medium to high heat. Add onion and stir. When the onion is soft, add chicken mixture and mix with onion. Cook for 5 minutes or until colour changes.
- 3 Add stock and tomato puree. Cover pot and bring to the boil. Reduce heat to low and stir occasionally for 10-15 minutes or until chicken is soft.
- 4 When mixture is thickened, add cream and combine and cook for 5 minutes, making sure that it is hot in temperature.
- 5 Place rice in a bowl and add butter chicken. Garnish with coriander.

# Fruit loaf

## Ingredients

**½ cup dried apricots**  
**½ cup prunes, chopped**  
**½ cup raisins**  
**1 cup of desiccated coconut**  
**1 tsp baking powder**  
**¾ cup brown sugar**  
**500g whole meal self-rising flour**  
**500ml of milk of choice**  
**½ tsp ground cinnamon**  
**1 tsp ground ginger**

## Method

- 1 Place all ingredients into a bowl and mix thoroughly. Add more milk (if too dry) or flour (if it is too wet).  
*You can substitute ingredients depending on your children's taste (e.g. add cranberries or dried figs, add orange juice instead of milk etc).*
- 2 Once mixed, place in a lined baking tray and bake for 20-25 minutes.
- 3 Serve.

made  
with  
love



# Curried Sausage Casserole

## Ingredients

- 1kg beef sausage (cut into bite sizes)**
- 1 heaped tbsp beef stock and 1L of hot water**
- 500g frozen mixed vegetables**
- 2 tsp curry powder of your liking**
- ½ onion, sliced**
- 1 tbsp minced garlic**
- 3 tbsp olive oil**
- Corn flour and water mixed to thicken**
- 2 cups of pasta elbows**

## Method

- 1 In a stock pot, fry up onion, oil and garlic.
- 2 Add sausages.
- 3 Add stock and water to sausages.
- 4 Cook sausages in stock until cooked through.
- 5 Add all other ingredients and just enough water to cover, bring to a boil, then simmer until all cooked.
- 6 Once cooked, add corn flour mixture to thicken.
- 7 Add cooked pasta and mix.
- 8 Serve.



# Milo and Oat Slice

## Ingredients

- 1 ½ cups rolled oats
- 1 cup of self-raising flour
- ½ cup Milo
- ½ cup of filmy packed brown sugar
- ½ cup desiccated coconut
- 2 Weetbix
- 130g unsalted butter
- ¼ cup sugar free maple syrup



## Method

- 1 Preheat oven at 180°C (160°C fan-forced)
- 2 Combine dry ingredients.
- 3 Melt butter and add maple syrup.
- 4 Add butter-maple mixture to dry ingredients.
- 5 Press firmly into a lined baking tray.
- 6 Bake for 20 minutes or until golden brown.
- 7 Once out of oven, press firmly again while still hot then allow to cool.
- 8 Cut into squares.
- 9 Store into containers or you can freeze in plastic wrap.



# Hoisin Beef Noodles

## Ingredients

**400g wholemeal hokkien or soba noodles**

**2 onions, sliced**

**2 carrots, sliced**

**1 red capsicum, sliced into strips**

**1 broccoli, cut into small florets**

**¼ wombok cabbage**

### Marinade:

**½ tsp bicarbonate soda**

**1 tsp corn flour**

**75ml beef stock**

**1 tbsp low sodium dark soy sauce**

**500g extra lean beef**

**1 tbsp oil**

### Sauce:

**2 tbsp low sodium soy sauce**

**3 tbsp oyster sauce**

**3 tsp hoisin sauce**

**2 tsp minced ginger**

**2 tsp minced garlic**

**1 tsp sesame oil**

### Optional (to serve):

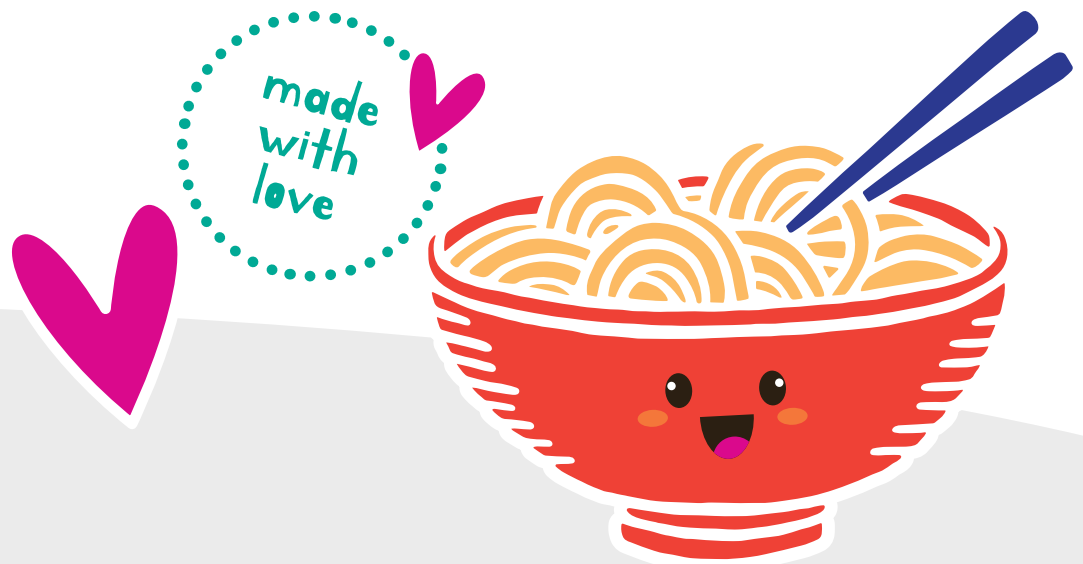
**Shallots sliced**

**Toasted sesame seeds**

**Fresh chilli**

## Method

- 1 Marinate beef in a bowl by combining beef stock, corn flour, and bicarb. Pour over beef, toss to coat, and let it marinate for 20 minutes.
- 2 Cook the noodles according to the package instructions. Drain and set aside.
- 3 Heat oil in a large wok over medium-high heat. Add the marinated beef and cook until browned and cooked through. Remove the beef from the wok and set aside.
- 4 In the same wok, add a bit more oil if needed, then add the onions, carrots, capsicum, broccoli, and wombok. Stir-fry for a few minutes until the vegetables are tender-crisp.
- 5 While the vegetables are cooking, prepare the sauce. In a small bowl, mix the soy sauce, oyster sauce, hoisin sauce, minced ginger, minced garlic, and sesame oil.
- 6 Once the vegetables are cooked, add the cooked beef back into the wok.
- 7 Pour the sauce over the beef and vegetables. Stir well to coat everything evenly in the sauce.
- 8 Add the cooked noodles to the skillet and toss everything together until the noodles are heated through and well coated in the sauce.
- 9 Serve hoisin beef noodles hot, garnished with chopped shallots, toasted sesame seeds, and sliced fresh chilli.



# Zucchini and Cocoa Cake

## Ingredients

- 2 cups flour**
- ½ cup cocoa powder**
- 1 ½ cups brown sugar**
- 1½ tsp baking powder**
- 1 tsp bicarbonate soda**
- ½ tsp salt**
- 3 tsp vanilla extract**
- ¾ cup vegetable oil**
- 1 cup Greek yoghurt**
- 3 eggs**
- 400g zucchini, peeled and grated**

## Method

- 1 Preheat your oven to 180°C. Grease and flour a 23 x 33cm rectangular pan, or line with baking paper.
- 2 In a large bowl, sift together the flour, cocoa powder, baking powder, bicarbonate soda, and salt.
- 3 In another bowl, whisk together the brown sugar, vegetable oil, Greek yoghurt, eggs, and vanilla extract until smooth.
- 4 Gradually add the dry ingredients to the wet mixture, stirring until just combined.
- 5 Gently fold the grated zucchini into the batter until it's evenly distributed.
- 6 Pour the batter into the prepared pan and smooth the top with a spatula.
- 7 Bake in the preheated oven for 35-40 minutes, or until a toothpick inserted into the centre of the cake comes out clean.
- 8 Let the cake cool in the pan for about 10 minutes, then transfer it to a wire rack to cool completely before icing with your favourite choice of icing (optional).







# Pumpkin Soup

## Ingredients

- Half a pumpkin
- 4 sweet potatoes
- 2 onions
- 6 carrots
- 2L of vegetable stock
- 2 cans of coconut cream
- Salt and pepper

## Method

- 1 Roughly chop all vegetables, place into boiler and cover with stock.
- 2 Bring to the boil, then reduce to a medium heat until all vegetables are soft.
- 3 Strain half of the liquid from vegetables.
- 4 Purée with a stick blender and add coconut cream.
- 5 Bring to the boil and add salt and pepper.
- 6 Ready to serve with choice of bread.



# Pumpkin Spice Cinnamon Scrolls



## Ingredients

- Quarter of a pumpkin
- ½ cup of brown sugar
- 1 ½ cinnamon
- ½ tsp of all spice
- Margarine
- Cinnamon sugar
- 12 sheets of puff pastry

## Method

- 1 Roughly chop pumpkin, place in a pot and cover with water and bring to the boil.
- 2 Strain water from cooked pumpkin, add brown sugar, spices and blitz with a stick blender.
- 3 Let cool in fridge while you prepare pastry.
- 4 Lay pastry out on bench. Spread a thin layer of margarine over pastry and sprinkle with cinnamon sugar.
- 5 Spread pumpkin mix over pastry. Roll, cut and place on a baking tray.
- 6 Cook in oven on 180°C until slightly golden.
- 7 Serve.

# Beef Nasi Goreng

## Ingredients

**Vegetable oil**

**500g beef mince**

**1 brown onion**

**1 small zucchini**

**1 carrot**

**1 stick celery**

**¼ broccoli or frozen broccoli**

**¼ red capsicum**

**1 cup of frozen mixed vegetables**

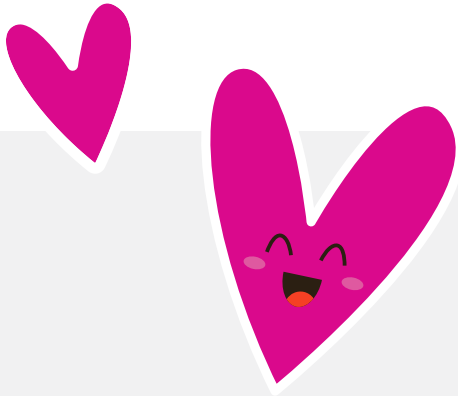
**2 tsp garlic**

**2 tsp ABC sweet sauce**

**2 cups of cooked brown rice**

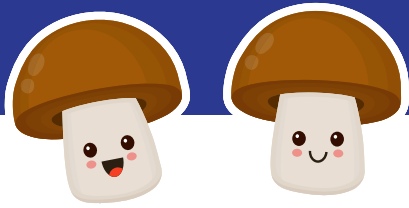
## Method

- 1 Wash vegetables, then slice or dice to your preference.
- 2 Brown mince in pot with oil and garlic.
- 3 Add vegetables.
- 4 Cook 10-15 minutes or until vegetables are *al dente*.
- 5 Add soy sauce and brown rice and stir.
- 6 Add some boiling water if needed.
- 7 Serve.



# Risoni Pasta

with Chicken, Mushrooms, Spinach, and Tomato Passata



## Ingredients

- 250g risoni pasta
- 300g chicken breast, diced
- 200g mushrooms, sliced (button or cremini)
- 2 cups fresh spinach
- 1 cup tomato passata
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste
- Fresh basil or parsley (for garnish)
- Parmesan cheese (optional)

## Method

- 1 In a large pot, bring salted water to a boil. Add the risoni and cook according to package instructions until *al dente*. Drain and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add the diced chicken and season with salt, pepper, and oregano. Cook until browned and cooked through (about 5-7 minutes). Remove chicken from the skillet and set aside.
- 3 In the same skillet, add the chopped onion and sauté for 2-3 minutes until translucent. Add the minced garlic and sliced mushrooms, cooking for another 5 minutes until the mushrooms are tender.
- 4 Return the chicken to the skillet and stir in the tomato passata. Bring to a simmer and let it cook for about 5 minutes to meld the flavours.
- 5 Stir in the fresh spinach and cook until wilted (about 2 minutes). Add the cooked risoni to the skillet and gently toss everything together until well combined. Adjust seasoning with salt and pepper if needed.
- 6 Serve hot, garnished with fresh basil or parsley and grated parmesan cheese if desired.

# Bliss Balls



## Ingredients

- 1 ripe banana, mashed
- 1 cup pitted dates (soaked in warm water for 10 minutes if they're dry)
- 1 cup rolled oats
- ¼ cup coconut flour
- ¼ cup cocoa powder
- ¼ cup coconut butter (melted)
- 1 tsp vanilla extract
- A pinch of salt
- Optional: shredded coconut or cocoa powder for rolling.*

## Method

- 1 In a food processor, blend the soaked dates until smooth.
- 2 In a large bowl, mix the mashed banana, blended dates, rolled oats, coconut flour, cocoa powder, melted coconut butter, vanilla extract, and salt until well combined.
- 3 Scoop out about a tablespoon of the mixture and roll it into a ball. Repeat until all the mixture is used.
- 4 Place the bliss balls on a baking sheet and refrigerate for at least 30 minutes to firm up.
- 5 If desired, roll the balls in shredded coconut or cocoa powder.

# Chicken Pesto Pasta Salad

## Ingredients

### Pesto:

2 avocados

5 cloves of garlic

1 bunch basil

100g baby spinach

60g parmesan cheese

Juice of half a lemon

Salt to taste

150g of your favourite nut

*(if you have no nut allergies in your house)*

### Salad:

4 chicken breasts, sliced into strips and cooked in a pan

300g pumpkin, diced and roasted

Punnet cherry tomatoes, sliced in half

200g baby spinach

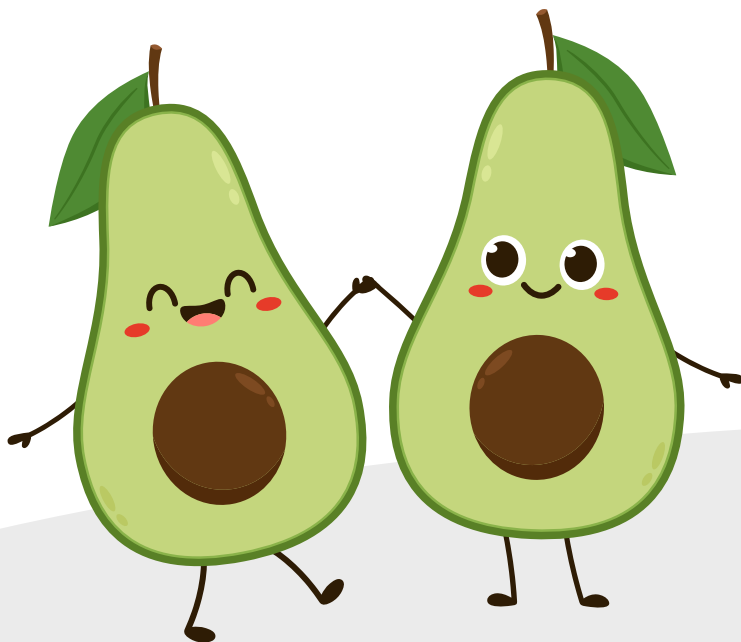
1 small Spanish onion, finely sliced

150g of feta cheese, crumbled

Bag of penne pasta, cooked as per packet instructions

## Method

- 1 Place all pesto ingredients in a food processor and blend until smooth (if too thick, add a little water).
- 2 Toss the pasta through the pesto until coated, add cherry tomatoes, baby spinach, Spanish onion, and roasted pumpkin, and give a quick toss.
- 3 Place on a platter and add chicken to the top and serve.





# Pancakes

## Ingredients

### Pancakes:

- 1½ cups self-raising flour, sifted into a mixing bowl
- ½ tsp baking powder
- ¼ cup raw sugar
- 2 eggs
- 1 cup milk (use rice or soy milk for a dairy-free option)
- 1 tsp vanilla essence

### Chia seed and mixed berry compote:

- Frozen berries
- Pure maple syrup
- Chia seeds
- Bananas

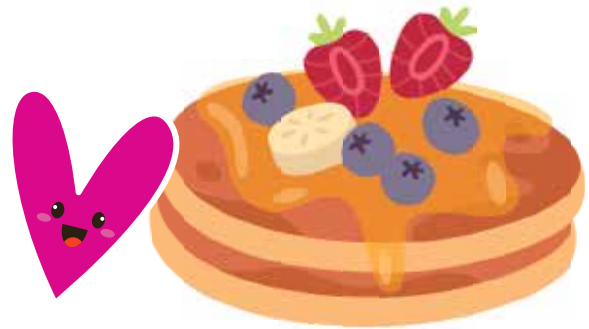
## Method

### Pancakes:

- 1 Whisk all ingredients into a smooth batter.
- 2 Cook in a greased pan on medium heat, turning when bubbles appear.

### Chia seed and mixed berry compote:

- 1 Place your choice of frozen berries in a saucepan with a dash of pure maple syrup and simmer for five minutes, then turn off the heat and add chia seeds to thicken.
- 2 Top the cooked pancakes with freshly sliced bananas and berry compote.



# Banana, Date, Oat and Honey Muffins

## Ingredients

- 100g pitted dates (soaked in hot water until soft, then finely chopped)
- 4 large ripe bananas, mashed
- 1½ cups whole meal flour, sifted
- 1½ cups self-raising flour, sifted
- 2 tsp baking powder
- 1½ cups rolled oats
- ½ cup raw sugar
- ½ cup pure honey (if catering for children under 12 months or with allergies, leave honey out and add an extra ½ cup of raw sugar)
- 2 cups of water

## Method

- 1 Add all ingredients into a mixing bowl.
- 2 Gently fold with a mixing spoon until all ingredients are combined (do not over mix or the muffins will become tough when baked).
- 3 Bake in muffin tins for 20 minutes at 165°C.



# Helpful resources

To further support your family's journey towards healthy eating, here are some valuable government-supported resources:

## **Healthy Eating for Infants, Children, and Teenagers:**

Learn about healthy eating guidelines tailored to different stages of childhood – [www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers](http://www.eatforhealth.gov.au/eating-well/healthy-eating-throughout-all-life/healthy-eating-infants-children-and-teenagers)

## **Get Up & Grow Resource Collection:**

Access a collection of resources focused on healthy eating and physical activity for young children – [www.health.gov.au/resources/collections/get-up-grow-resource-collection](http://www.health.gov.au/resources/collections/get-up-grow-resource-collection)

## **Children's Health & Nutrition (Early Childhood Australia):**

Find information on children's nutrition and health, tailored for parents and caregivers – [www.earlychildhoodaustralia.org.au/parent-resources/childrens-health-nutrition/](http://www.earlychildhoodaustralia.org.au/parent-resources/childrens-health-nutrition/)

## **Healthy Eating for Children (Healthdirect):**

Discover tips and guidelines on how to ensure your child eats a balanced diet – [www.healthdirect.gov.au/healthy-eating-for-children](http://www.healthdirect.gov.au/healthy-eating-for-children)

## **Healthy Eating Habits (Raising Children Network):**

Get practical advice on establishing healthy eating habits in toddlers and young children – [raisingchildren.net.au/toddlers/nutrition-fitness/healthy-eating-habits/healthy-eating-habits](http://raisingchildren.net.au/toddlers/nutrition-fitness/healthy-eating-habits/healthy-eating-habits)

