

Hi All! Just wondering if i would be able to get the recipie or a photo of the baked beans and vegetable pasta that was served on Monday lunch please? Apparently my son ate some and he NEVER eats pasta at home as he has some food sensory issues. Thanks! :-)

Comments:



Coolamon School of Early Learning

24 Aug 2023

:) will email through to you now Laura



Laura Finlay (Murphy)

24 Aug 2023

Amazing! Thank you!



Kristy-Mae Hickman

24 Aug 2023

I'm glad he enjoyed it! Such a simple and healthy recipe too

Post added by: Laura Finlay on 23 Aug 2023

Who doesn't love the aroma of a curry 🍛 cooking. I often get people coming past the kitchen complimenting how amazing it smells (and thank you!🙏) But did you know I make all a recipe based spice mixes from scratch?

Here is my version of butter chicken as asked for by a parent

Spice mix: 1 tsp tumeric powder 2 tsp garam masala 1/2 tsp chilli powder or cayenne 1 tsp ground cumin 1/2tbsp ground ginger

500g chicken mince (we use as it's easier for the little kids to eat) 1x 🍅 onion 1Tbl spoon 🧄 garlic Aprox 2Tbl butter (I use nuttoex to keep it dairy free) Vegetables of choice (I use cauliflower, finely chopped carrot or even just some frozen vege mix) 1x tin puréed tin tomato (or pasatta) Either cream, coconut cream or my favourite product at the moment flora dairy free cream

Heat some oil in saucepan soften onion 🍅 and garlic 🧄 , then add the spices. (This is the important time as makes them more fragrant) Add butter 🧈 Stir in chicken and brown off Add vegetables Add tomato Stir through cream once everything has cooked through

Serve with Basmati rice

Enjoy

Comments:



Laura Finlay (Murphy)

5 Feb

Amazing! Thank you :-)



Brooke Bloomfield (Sofia)

5 Feb

Hi Kristy, could you please post your hidden veg cake, my little girl loves it last week when you made it



Kristy-Mae Hickman

6 Feb

Hi Brooke, you mean the savoury cake?



Tracey Ward (Emily)

6 Feb

Yum you have put me in the notion of curry for dinner



Brooke Bloomfield (Sofia)

6 Feb

Yes please kristy



Kristy-Mae Hickman

9 Feb

Brooke I'll have to write it up as I make it up as I go



Laura Finlay (Murphy)

12 Mar

Hi Kristy-Mae, could you please post the recipe for the mongolian beef dish that was served yesterday? Apparently my boy loved it so would love to cook it at home for him! Thanks :-)



Kristy-Mae Hickman

12 Mar

Hi Laura I'll convert it to a family size portion and do next couple days



Laura Finlay (Murphy)

12 Mar

Thank you so much!



Laura Finlay (Murphy)

3 Apr


Hi Kristy-Mae, just following up on the recipe for the mongolian beef dish please? Thanks :-)

Did you smell the Banana Bread cooking this morning? I have put some samples out for parents to try today We are nearly completely egg free and have been experimenting converting all my cakes so all the kids can enjoy them


This one is Egg Free and Dairy Free Contains wheat and soy milk




Comments:

 Shelyce Bitmead
12 Mar

Smelt incredible! Thanks Kristy-Mae and Mirna

 Sarah Lawrence (Mikki)
12 Mar

Omg this is Saxons favourite, he will be one happy chappy today

 Bhavna Chuttur (Anaira)
12 Mar

Wow thats brilliant

Post added by: Kristy-Mae Hickman on 12 Mar 2024

The “Hidden Vegetable & Ricotta” pasta is such a big hit with the kids I thought I’d share the recipe. You can honestly change it up to whatever vegetables you may have left in your fridge but I do add a couple secret ingredients that just make it super tasty.

These are pretty much the staple vegetables I use:

Onion 🧅 Garlic 🧄 Carrot 🥕 Pumpkin 🎃 Capsicum 🌶️ Zucchini 🍆 Sweet potato 🍠 Spinach 🌿 Cauliflower 🥦 Broccoli 🥦

Ricotta (smooth is best) Nutritional yeast and “chicken” massel stock powder are my secret ingredients

Cook off the onion & garlic with some olive 🫒 oil Add stock Add all your vegetables and a good heaped tablespoon of nutritional yeast. Cover with water and let simmer until all tender. Then just blitz! Stir through the ricotta you can blitz it again at this stage if you prefer it extra creamy.

Serve with pasta of choice

Have a fabulous weekend

Love Kristy-Mae & Mirna 🍷 🥑 🥦



Comments:



Francesca Fussell

8 Dec 2023

Thank you for sharing



Amy Asare Venables (Alana)

8 Dec 2023

This is awesome, I'll give it a try.



Sherniece Andrews

8 Dec 2023

Thank you so much for sharing! :)



Ashleigh Bell (Fynley)

8 Dec 2023

Thank you so much for sharing



Laura Finlay (Murphy)

8 Dec 2023

Thank you for sharing! What are the amounts for the ingredients please? Also, do you have a photo of the finished product? I'd love to see so i can match for him to eat it at home! Thanks :-)



Kristy-Mae Hickman

8 Dec 2023

Laura they gobbled it all up yesterday but will take photo next time. The quantity just depends on how many your feeding. A serve of each vegetable I'd say would feed an average family



Laura Finlay (Murphy)

8 Dec 2023

Hahaha no worries thanks Kristy-Mae! I can't get him to eat anything so need all the help/specifics i can get. Do yoy guys chop up the pasta small?



Kristy-Mae Hickman

8 Dec 2023

No we don't. Maybe try the small macaroni pasta



Laura Finlay (Murphy)

8 Dec 2023

No worries will do. Is that what you serve it with? Thanks! (Sorry for all the questions! Just desperate here haha)



Kristy-Mae Hickman

8 Dec 2023

Sometimes. Most of the time I just use the pasta spirals or spaghetti
The summer menu will be with Mac'n'cheese but with hidden veges as well



Laura Finlay (Murphy)

8 Dec 2023

Excellent thanks!

Post added by: Kristy-Mae Hickman on 8 Dec 2023