

yourplate



HELLO!

Welcome to Your Plate.

I'm Aarti Bhanderi-Shah, Nutritional Therapist and public health advocate.

As a busy working mum of 2 little ones - I know that cooking healthy meals can sometimes seem like yet another chore on the relentless to-do list. I get it!

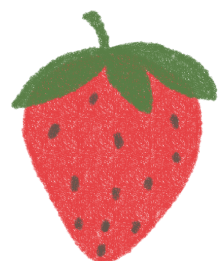
I'm passionate about a back to basics approach to health - lots of fruit, veg and a balance of complex carbs, protein and good fats. I recommend and use carefully selected convenience products to save time and add flavour eg. basil pesto. I love teaching children, students and parents essential skills to cook, eat healthily and live happy.

I created these 5 simple recipes for those moments when you need something on the table in literally 20 minutes after a long day. Any why not get the kids involved in the kitchen as well? They can stir the sauce and sprinkle the cheese on the dish.

The more we can make food fun for kids, and get them to be part of the process, the more likely they will have a healthy relationship with food and build healthy habits. After all, this is what we want for our little poppets! Happy cooking!



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15 MINUTE PITTA PIZZA

Wholemeal pitta makes a great high fibre base for pizza and the kids can join in the fun too.

Prep Time 10 minutes
Cook Time 5 minutes
Serves 4



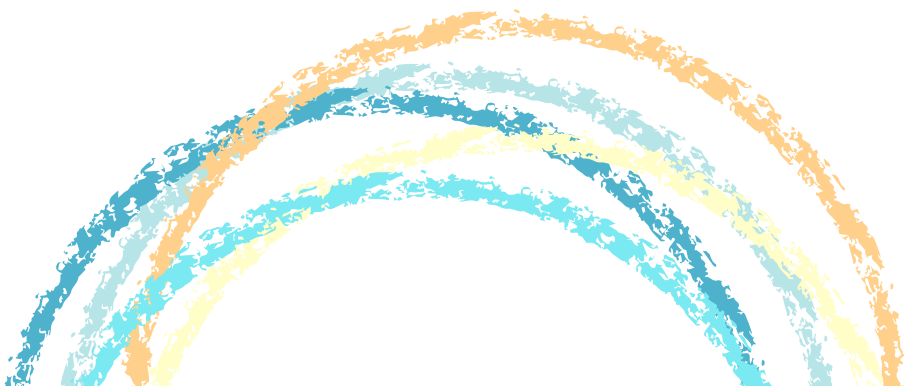
INGREDIENTS

- 4 wholemeal pitta or small wrap for thin & crispy base
- 4 tsp sun dried tomato paste
- 1 tsp mixed dried herbs
- 60g cheddar cheese
- *Toppings of your choice eg ham, sweetcorn, olives, red peppers*

METHOD

1. Lay the pitta on a baking tray
2. Spread 1 tsp of tomato paste per pitta or wrap
3. Top with cheese and toppings
4. Grill until cheese melted, remove
5. Sprinkle dried herbs on top

 Enjoy



NOODLES WITH QUORN & VEG



A classic combination of noodles with protein and veggies.

INGREDIENTS

- 50g dried egg or wheat noodles
- 50g frozen mixed veg
- 50g Quorn chicken pieces
- 3 tbsp passata
- 1 tbsp creme fraiche
- Prep Time 5 minutes
- Cook Time 15 minutes
- Serves 1

METHOD

1. Cook the noodles and veg in boiling water for 5-6 minutes. Use 1 tsp oil in the water so the noodles don't stick together. Once cooked, drain and set aside.
2. Meanwhile cook the frozen Quorn pieces in a pan with 1 tsp oil for 2-3 minutes. Defrost the Quorn pieces in the microwave for a faster cooking time, cut them in half as easier to eat.
3. Turn heat down and add passata, cook for 2-3 minutes. Turn heat off and stir through creme fraiche. Add the noodles and vegetables. Mix and serve.

PESTO PASTA & GREEN VEG

Adding basil pesto to pasta adds flavour and sneaking in green vegetables is a sure winner to help your child enjoy their greens!

INGREDIENTS

- 60g pasta - penne or fusili
- 2 tbsp fresh basil pesto
- 50g grated cheese
- 80g green veg finely chopped, that your child likes - eg baby spinach blended, broccoli, petit pois, courgette / zucchini

Prep Time	10 minutes
Cook Time	10 minutes
Serves	2

METHOD

1. Cook the pasta in salted water with a splash of oil.
2. Meanwhile cook the veg - steam or microwave.
3. Once the pasta is cooked, drain and stir through the pesto.
4. Add the green vegetables and sprinkle over the grated cheese.



MIXED VEG & PESTO FRITTERS

These yummy fritters are quick and nutritious for kids and adults alike.

INGREDIENTS

- 150g frozen veg, defrosted
- 50g plain flour
- 50g chickpea flour (besan)
- 1 tsp baking powder
- 1 egg or flax egg *
- 50ml milk
- 1 tbsp Sacla coriander pesto (optional)
- 2 tbsp basil pesto

** Flax egg is 1 tbsp ground flaxseeds stirred into 3 tbsp water, wait 5 minutes for seeds to expand*

- Prep Time 10 minutes
- Cook Time 10 minutes
- Makes 10-12 fritters



METHOD

1. Place the vegetables in a pan or microwave and cook for 3-4 minutes until tender. Drain water and gently blitz in a food processor on pulse mode for a chunky texture, not smooth.
2. Add the flour, baking powder, egg, milk and pesto into a mixing bowl and whisk until smooth.
3. Add the vegetables and 1 tsp salt. Stir until combined.
4. Heat 1 tsp olive oil in a non-stick saucepan and pour a large spoon of mixture in a pan, 3 to 4 at a time. Once cooked, flip over and cook the other side.

LOW SUGAR BROWNIE BARS

Bananas add sweetness without extra sugar - this will be gone and gobbled up in no time.



INGREDIENTS

- 2 ripe bananas, mashed
- 100g self raising flour
- 2 eggs
- 60g butter, room temperature
- 50g sugar
- 40g cocoa powder

Prep Time	10 minutes
Cook Time	30 minutes
Serves	4

- Preheat oven to 160 deg fan
- Or use air fryer on "bake" 150 deg setting

METHOD

1. Whisk the sugar and eggs in a bowl until frothy.
2. Add the flour, cocoa, pinch of salt and whisk again.
3. Add the butter and bananas, stir into mixture.
4. Pour into a baking tin or lightly greased glass tray and bake for 30-35 minutes until cooked. Test this by inserting a knife in the middle and seeing if it comes out clean.