

Adrian Gutierrez
8121 E Summer Trail Dr
Glenside
Wellington

EASY GREEK SALAD

The contrast of sweet tomatoes, crisp cucumber and tangy feta gives this salad a bright, refreshing flavour. If your child is older, they may help you make the dressing and portion the salad onto 6 plates.

Suitable for
ages
4–7



INGREDIENTS

SALAD

- 2 plum tomatoes, diced
- 1½ English cucumbers, diced
- 1 red pepper, finely diced
- 3 tablespoons red onion, finely diced
- 1 cup pitted kalamata olives, whole or halved
- 2 tablespoons parsley, chopped

DRESSING

- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 teaspoon dried Italian seasoning
- ½ teaspoon salt
- ¼ cup olive oil

GREEK SALAD

- ½ cup feta cheese, crumbled
- 1 tablespoon parsley, chopped

DIRECTIONS

TO MAKE THE SALAD

EMMA: Place the diced tomatoes, cucumber, red pepper and red onion together in a large bowl.

Fold in the olives and parsley and toss together until well mixed

TO MAKE THE DRESSING

UNCLE JO: Whisk the red wine vinegar, mustard, honey, Italian seasoning, salt and pepper together in a small bowl.

TOGETHER: Slowly add the olive oil to the dressing, whisking constantly.

TO COMPLETE THE GREEK SALAD

TOGETHER: Pour the dressing to taste over the salad and toss to ensure all the vegetables are evenly coated. Crumble the feta cheese on top, sprinkle with parsley, divide into 6 portions and enjoy!

An adaption of a recipe by Julie Negrin, author of Easy Meals to Cook with Kids, and the great folks at The Kids Cook Monday.

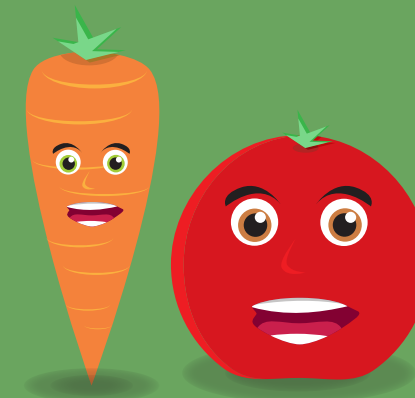
Serves

6

Per Serving

Energy	Carbs	Protein	Fat	Cholesterol
728 kJ	10 g	3 g	14 g	11 mg
Sodium	Fibre	Sugar	Potassium	
523 mg	2 g	6 g	276 mg	

Kids in the Kitchen



HEY, EMMA!

Do you want to cook tonight's dinner?

Show Uncle Jo this brochure and start cooking!

HEY UNCLE JO!

I know it's hard for you to take time out to teach me how to cook.

Including me in cooking a meal might require time, patience, and some extra clean-up, especially if I'm younger.

Teaching me to cook can help get me interested in trying healthy foods I might normally turn my nose up at.

Healthy eating essentially means eating more fruits and vegetables, having whole grains and beans when possible, and choosing leaner types of meat.

This brochure has some recipes we can cook together.

The infographic to the right demonstrates what ratio of food you should be eating to enjoy a healthy life.

Whole Grain Bread, Wholemeal Bread, Millet, Maize, Barley, Oats, Rice, Rye, Wheat, Quinoa, Lentils, Poppy Seeds, Sunflower Seeds, Mustard Seeds etc.

GRAINS

Carrots, Eggplants, Cabbage, Celery, Spinach, Lettuce, Cress, Cucumber, Pumpkin, Squash, Tomato, Zucchini, Broccoli, Cauliflower, Peas, Beans, Asparagus, Garlic, Leek, Onion, Spring Onion, Beetroot, Parsnip, Potato, Swede, Kumara, Radish, Ginger, Peanut, Chickpea, Artichoke, Kale, etc.

VEGETABLES

Apple, Orange, Avocado, Banana, Blackberry, Cherry, Currant, Coconut, Date, Feijoa, Grapefruit, Honeydew, Watermelon, Kiwifruit, Peach, Pineapple, Strawberry, Tamarillo, etc.

FRUIT

Canola Oil, Butter, Margarine, Olive Oil etc.

OILS

MILK

Poultry, Red Meat, Fish, Green Beans, Runner Beans, Broad Beans etc.

MEAT & BEANS

PAD THAI

Soft rice noodles are seasoned with shallots, garlic and Thai seasoning before being topped with ground peanuts, bean sprouts and a sprinkling of coriander. Kids will love squeezing the lime to finish the dish almost as much as they'll love the sweet, nutty flavour of the rice noodles.

Suitable for ages 5-7



INGREDIENTS

- 300 grams rice noodles*
- 2 tablespoon canola or olive oil
- 1 onion, sliced
- 2 shallots, sliced, white and green parts divided
- 2 garlic cloves, minced
- 1 egg, beaten
- 1 tablespoon sugar
- 1 tablespoon fish sauce*
- 2 tablespoon oyster sauce*
- ¼ cup bean sprouts*
- 200 grams peanuts, ground
- Coriander leaves, for garnish
- 1 lime, cut into wedges

*Found in Asian markets or the Asian section of most grocery stores.

DIRECTIONS

EMMA: Soak the rice noodles in a medium bowl of warm water for 20 minutes.
Drain and set aside.

UNCLE JO: Place the oil in a large wok or non-stick skillet over medium-high heat.

TOGETHER: Add the shallot and onion slices.
Sauté for about 3 minutes, or until the shallot slices begin to brown.

Add the garlic and cook for about 1 minute more, or until it begins to become fragrant.

Pour the egg in and scramble quickly for 3-5 minutes, or until the egg has cooked through.

EMMA: Add the soaked rice noodles, sugar, green shallots, fish sauce and oyster sauce to the wok or pan.

UNCLE JO: Toss to ensure all ingredients are evenly distributed.

Cook for about 3 minutes more, or until the rice noodles are cooked through and slightly charred.

EMMA: Plate into 4 portions.

Top each with half of the bean sprouts and ground peanuts.

Sprinkle on the coriander leaves and place a few lime wedges next to each serving of Pad Thai for an optional squirt of citrus.

An adaption of a recipe by BigGirlsSmallKitchen.com and TheKidsCookMonday.org

