



# Storecupboard Bolognese

**!! Please remember that hands should be washed before cooking and that children should be supervised in the kitchen !!**

## Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 2 large celery sticks, chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons tomato purée
- 400g tin chopped tomatoes
- tin mackerel in tomato sauce
- 100g dried spaghetti/linguine/pasta shapes
- 2 teaspoons dried mixed herbs
- salt and freshly ground black pepper
- 100g cheddar cheese, grated



**3.** Put the spaghetti in a pan of boiling water and boil for 7-10 minutes.



**1.** Chop the onion and fry gently in the olive oil (don't let the onion get too brown)

**2.** Add the chopped carrots, celery and garlic and mixed herbs. Stir occasionally until vegetables are softened.

**4.** Stir in tomatoes and bubble through for 5 minutes

**5.** Mackerel can be stirred into the tomato sauce and warmed through, or served as a side dish.

**6.** Serve with the Cheddar cheese sprinkled on top of the sauce.

Get young children to 'test' the carrots and celery.

With supervision, older children may be able to chop the vegetables.

Ask younger children to smell the herbs and tip them into the sauce.

No cheese grater? Chop cheese into small chunks.

Ask older children to grate the cheese.

Get children to read the recipe and line up the ingredients in the right order.

Let children wash the celery, and carrots (then they don't need to be peeled).

Children can also get out plates and cutlery while the cooking is finished.

Next time, try tuna instead of mackerel.



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## Easy Snack Crackers

Bag contains: 150g plain flour + ½teaspoon salt + ½teaspoon white sugar + 2 teaspoons mixed herbs

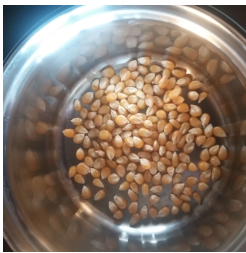
Just add 2½ tablespoons water and 2 tablespoons oil



1. Heat oven to 220°C/gas 7  
Mix dry ingredients with water and oil to a smooth dough.
2. Roll out dough to thickness of £1 coin and cut into shapes.
3. Put on greased baking sheet. Sprinkle shapes with a little water and mixed herbs. Prick each square once with a fork.
4. Bake in the oven for 12-15 mins, until crackers are slightly golden. Once cool, can be stored for up to two weeks.
5. Eat on their own, or with soft cheese, cucumber, Cheddar, peanut butter .... what else?

No rolling pin?  
Use a clean bottle,  
or tin, or drinks can.

## Home-made Popcorn



Before



After

1. Heat a tiny drop of oil in a pan and then add the corn in a single layer.
2. Cover with a lid and heat on medium high. Holding the lid in place, shake the pan occasionally to stop the corn kernels sticking.
3. Wait a few minutes for the popping to start.
4. Only take the lid off when nothing has popped for about 5 seconds.
5. Enjoy eating warm, fresh popcorn!

No pan lid?  
Use a heat-proof plate,  
but don't burn  
your fingers!



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