

## Yoghurt, cucumber and mint dip with pitta bread

This dip is called 'tzatziki' in Greece.

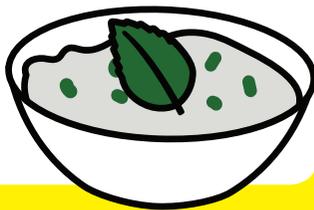
Serves  
**4**  
as a snack

Allergens  
• wheat  
• milk

Preparation time  
**20-30 minutes**

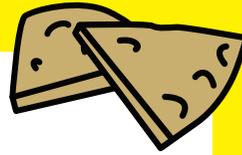
Suitable for  
**KS1 and above**

Cooking time  
**No cooking required**



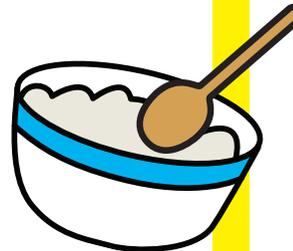
### 1. Ingredients

- Pot (about 300g) of low fat natural or Greek yoghurt
- 10cm piece of cucumber
- A handful of fresh mint leaves (to give 2 tablespoons when chopped)
- 2 small cloves of garlic (optional)
- 2 medium pitta breads (try wholegrain!)



### 2. Equipment

- Small mixing bowl
- Knife
- Chopping board
- Kitchen paper towel
- Scissors (optional)
- Spoon
- Serving dish



### 3. Method

- 1 Place the **yoghurt** in a small bowl.
- 2 Wash the **cucumber** and cut in half lengthways.
- 3 Chop into small pieces, then squeeze in some kitchen towel to remove most of the excess water. Add to the **yoghurt**.
- 4 Wash the **mint leaves** and then chop into small pieces – you may find it easiest to do this with scissors. Add to the **yoghurt**.
- 5 Remove the top, bottom and skin from the **garlic** (if using), chop into small pieces and add to the **yoghurt**.
- 6 Mix all the ingredients together and spoon into the serving dish.
- 7 Cut the **pitta bread** into strips and serve with the dip.

**Tip** - You could use a garlic crusher instead of chopping the garlic.

### Nutrition information (per serving)

Energy 630 kJ / 149 kcal

Fat 1.0 g

(of which saturates) 0.3 g

Salt 0.5 g

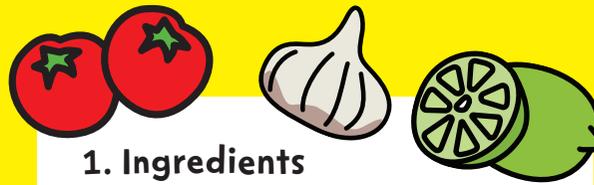
Carbohydrate 24.5 g

(of which sugars) 5.5 g

Fibre 1.3 g

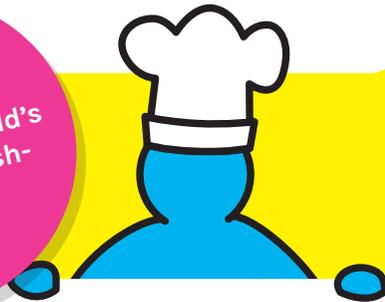
Protein 9.8 g





## Chunky tomato salsa with homemade tortilla chips

This recipe comes from Mexico, the world's largest Spanish-speaking country.



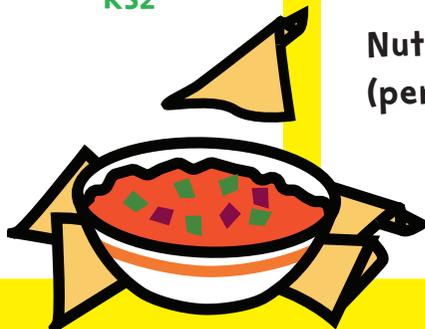
Serves  
**4**  
as a snack

Allergens  
• **wheat**

Preparation time  
**45 minutes**

Suitable for  
**KS2**

Cooking time  
**8 minutes**



### 1. Ingredients

#### Salsa:

- 2 medium tomatoes
- 1/2 small onion or a shallot
- 1 clove of garlic
- 1/2 lime
- A few sprigs of fresh coriander (about 1 tablespoon of leaves)

- 1/2 teaspoon paprika or cayenne pepper

#### Tortilla chips:

- 1/2 lime
- 1 tablespoon vegetable oil
- 2 large tortilla wraps (try wholemeal!)
- 1 tablespoon paprika

### 2. Equipment

- Knife
- Chopping board
- Small mixing bowls
- Scissors (optional)
- Measuring spoons
- Spoon
- Serving bowl
- Cling film
- Pastry brush
- Baking tray
- Oven gloves



### Nutrition information (per serving)

Energy 570 kJ / 136 kcal

Fat 4.8 g

(of which saturates) 1.0 g

Salt 0.5 g

Carbohydrate 18.8 g

(of which sugars) 2.5 g

Fibre 2.2 g

Protein 3.3 g

### 3. Method

- 1 Preheat the oven to 200°C (fan 180°C), gas mark 6.
- 2 First make the **salsa**. Wash and chop the **tomatoes** and place in the mixing bowl.
- 3 Remove the top, bottom and skin from the **onion**, cut in half and chop each half as finely as you can; add to the **tomatoes**.
- 4 Repeat with the **garlic** and add to the bowl.
- 5 Squeeze the juice from the **lime** and add to the **tomato mixture**.
- 6 Wash the **coriander**, then remove and chop the leaves. You may find it easier to do this with scissors.
- 7 Add the **coriander** and the **paprika** or **cayenne pepper** to the bowl and stir everything together.
- 8 Place in the serving bowl, cover with cling film, and chill while you make the **tortilla chips**, to let the flavours develop.
- 9 Squeeze the juice from the **lime** and mix with the **oil** in a small bowl.
- 10 Using scissors, cut the wraps into triangles.
- 11 Brush both sides of the triangles with the **oil** and **juice mixture**, and place in a single layer on the baking tray. Sprinkle with **paprika**.
- 12 Bake for 7-8 minutes until crisp, then serve with the **salsa**.

## Tomato, mozzarella and basil bites

This recipe comes from Italy, home to three active volcanoes: Etna, Stromboli and Vesuvius.



Serves  
**4**  
as a snack

Allergens  
• wheat  
• milk

Preparation time  
**15-20 minutes**

Suitable for  
**KS1 and above**

Cooking time  
**5 minutes**

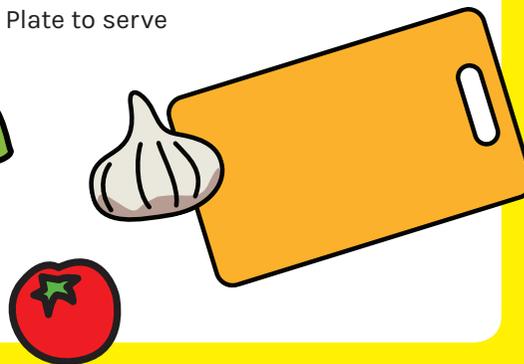


### 1. Ingredients

- 2 bread rolls
- 2 large cloves of garlic
- 2 medium tomatoes
- 1 pack of reduced-fat fresh mozzarella soft cheese
- 8 large basil leaves
- Pinch of black pepper

### 2. Equipment

- Knife
- Chopping board
- Plate to serve



### 3. Method

- 1 Cut each **bread roll** in half and then half again, to give eight pieces.
- 2 Toast or lightly grill each piece.
- 3 Remove the skin from the **garlic** and cut in half.
- 4 Rub the cut edge of the **garlic** onto the **toasted bread roll**.
- 5 Cut each of the **tomatoes** into four slices so you have eight slices all together.
- 6 Drain the **mozzarella** and cut into eight slices.
- 7 Wash and dry the **basil leaves**.
- 8 Place a slice of **tomato** on each piece of **bread roll**.
- 9 Add a slice of **mozzarella**, sprinkle with **black pepper**, and top with a **basil leaf**.

### Nutrition information (per serving)

Energy	740 kJ / 176 kcal	Carbohydrate	21.5 g
Fat	4.9 g	(of which sugars)	2.9 g
(of which saturates)	2.5 g	Fibre	1.8 g
Salt	0.5 g	Protein	10.5 g

## Traffic light couscous

This recipe is from Morocco, where couscous is typically eaten on Fridays – the Islamic holy day.



Serves  
**4**  
as a meal

Allergens  
• wheat  
• sulphites

Preparation time  
**30-40 minutes**

Suitable for  
**KS1 and above**

Cooking time  
**No cooking required**



### 1. Ingredients

- 150g couscous
- 30g sultanas
- 1/2 low salt vegetable stock cube
- 200ml boiling water
- 1 small carrot
- 1 medium tomato
- 3cm piece of cucumber
- 1/2 yellow pepper
- Few sprigs of fresh parsley
- Large pinch of chilli flakes (optional)

### 2. Equipment

- Weighing scales
- Medium mixing bowl
- Kettle
- Measuring jug
- Fork
- 2 plates
- Grater
- Chopping board
- Knife
- Scissors
- Spoon
- Serving dish

### 3. Method

- 1** Weigh the **couscous** into a medium mixing bowl. Add the **sultanas**.
- 2** Crumble the **stock cube** into a jug and add 200ml of boiling water (younger children will need adult help with this!).
- 3** Pour over the **couscous** and **sultanas**; leave to soak for 5 minutes. Separate the grains with a fork; then tip onto a large plate and spread out to cool.
- 4** Meanwhile, wash the **vegetables** and **parsley**. Scrub or peel the **carrot**, remove the bottom and grate onto a plate.
- 5** Chop the **tomato**, **cucumber** and **pepper** and add to the **carrot**.
- 6** Use scissors to cut the **parsley** leaves. You need about a tablespoon of chopped **parsley** to mix in; any spare **parsley** sprigs can be used to decorate your salad.
- 7** When the **couscous** is cool, tip back into the mixing bowl and stir in the **carrot**, **tomato**, **cucumber**, **pepper**, **parsley** and **chilli flakes** (if using).
- 8** Spoon into your serving dish and garnish with any remaining **parsley** sprigs.

### Nutrition information (per serving)

Energy 750 kJ / 177 kcal

Fat 1.1 g

(of which saturates) 0.1 g

Salt 0.2 g

Carbohydrate 35.1 g

(of which sugars) 7.5 g

Fibre 2.4 g

Protein 5.6 g

## Cheese and cucumber pinwheel sandwiches

This is an afternoon tea recipe. Afternoon tea is an English tradition that started in the 1800s.



Serves  
**4**

Allergens  
• wheat  
• milk

Preparation time  
**20 minutes**

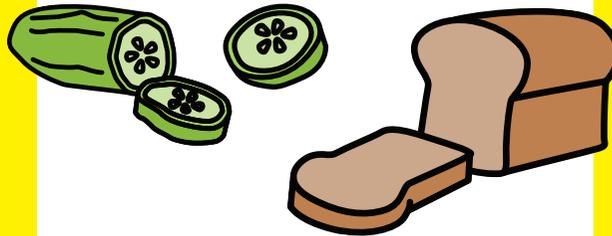
Suitable for  
**KS1 and above**

Cooking time  
**No cooking required**



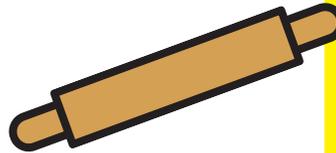
### 1. Ingredients

- 3cm piece of cucumber
- 2 medium slices wholemeal bread
- 15g low-fat spreadable soft cheese

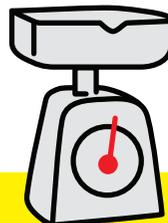


### 2. Equipment

- Knife
- Kitchen paper
- Rolling pin
- Weighing scales
- Cling film
- Plate



### Nutrition information (per serving)



Energy	512 kJ / 121 kcal
Fat	1.7 g
(of which saturates)	0.5 g
Salt	0.5 g

Carbohydrate	19.2 g
(of which sugars)	2.6 g
Fibre	2.3 g
Protein	6.1 g

### 3. Method

- 1 Wash the **cucumber**, then cut into small pieces and pat dry with kitchen towel.
- 2 Cut the crusts off the **bread**. With a rolling pin, gently roll out the **bread**.

*Tip - You could use the cut-off crusts to make breadcrumbs and use them in a different recipe!*

- 3 Spread a thin layer of **soft cheese** on each slice, trying to go right to the edges.
- 4 Add a thin layer of chopped **cucumber**.

*Tip - Try other vegetables like shredded lettuce, grated carrot, or fruit like crushed pineapple, chopped grapes.*

- 5 Roll up each slice, from the shorter edge, into a spiral; wrap tightly in cling film.
- 6 Place in the fridge or in a cool place for a few minutes while you tidy up.
- 7 Cut each pinwheel into slices and arrange on a plate.