



Busy Bees Home Favourites

Autumn and Winter Menu 2019

At Busy Bees we pride ourselves on delivering healthy nutritional meals to children at our centres across the UK. Our new autumn winter menu is NHS accredited and offers a wide range of diverse dishes.

We wanted to share some of our favourite recipes taken from the autumn winter menu, so that you can enjoy some of the meals we serve here at Busy Bees at home.

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with Braised Cabbage

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8 - Lentil and Vegetable Shepherd's Pie
with Green Beans or Broccoli

10 - Lime and Parsnip Loaf

12- Spanish Chicken Paella



Lancashire Beef or Lamb Hotpot

with Braised Cabbage

Six portions

Ingredients

4tsp Sunflower oil
500g Diced beef or lamb
1 Onion, diced
2 Carrots, peeled and diced
1tbsp Dried rosemary
4tsp Cornflour
500ml Water
50g Peas
3-4 Potatoes thinly sliced

1. Preheat the oven at 200°C or gas mark 6
2. Heat a little of the oil in a large pan on the hob and brown the lamb or beef chunks in batches (drain any excess fat)
3. Fry the onions and carrots in the same pan with a little more oil if needed, add the rosemary, then reintroduce the meat to the pan with the vegetables
4. Sprinkle in the cornflour and stir thoroughly
5. Stir in boiling water until meat and vegetables are just covered. Simmer for approximately an hour
6. Mix in the peas and then transfer to a casserole dish
7. Arrange the sliced potatoes on top of the casserole slightly overlapping each other and brush with a small amount of oil
8. Cover, then place in the oven until the potatoes are cooked and the meat is tender
9. Take the cover off for the last half hour of cooking so potatoes are slightly browned
10. Serve with braised cabbage (recipe below)

Top Tip

- Beef or Lamb mince can instead of diced.

Ingredients

1 Red or white cabbage
2tsp Oil
30g Sultanas
30ml Malt vinegar
1 Pinch cinnamon
200ml Water
1 Grated apple

Braised Cabbage

Six portions

1. Quarter the cabbage and remove the core, then finely shred
2. Tip into a lightly oiled large pan add sultanas, cinnamon and vinegar
3. Soften for a few minutes then add water
4. Bring to a simmer, then cover with a lid, lower the heat and cook for 30 minutes, stirring every so often
5. Remove the lid, add the apple and continue cooking for 30 minutes until tender

Top Tip

- If the cabbage is drying out, add more water



Salmon and Vegetable Carbonara

Six portions

Ingredients

500ml Milk
100g Butter
100g Plain flour
1 tbsp English Mustard
½ tsp Black pepper

Sauce

1. Gently bring the milk to the boil in a small pan
2. Melt the butter in another saucepan, then add the plain flour. Stir continuously until a paste formed
3. Continue cooking for 2 minutes
4. Add the milk to the paste gradually, stirring as you go, until you get a smooth sauce
5. Cook for 5 - 10 minutes, stirring continuously, until the sauce has thickened
6. Add in the mustard and black pepper to finish

Ingredients

500g Frozen salmon portions (defrosted)
250g Dried spaghetti
50g Peas
100g Mixed colour peppers thinly sliced
100g Leeks, shredded
25g Dill
400g Cannellini Beans
2tsp Sunflower oil
Water

Carbonara

1. Preheat an oven to Gas4/180c
2. Place the salmon on a baking tray in the oven with a small amount of water and cover to poach until cooked, this should take approximately 10 minutes
3. Once cooked and cool enough to handle, remove any skin and flake the salmon into a bowl checking carefully for bones
4. In a separate pan, cook the spaghetti (following the instructions on the packet)
5. In a pan sweat off the leeks, peppers, beans and peas, in oil until soft
6. Fold the salmon, leeks, peppers, beans and peas into the sauce
7. Mix in the dill and serve on top of the spaghetti

Lentil and Vegetable Shepherd's Pie

with Green Beans or Broccoli

Six portions

Ingredients

1 Onions, small dice
1 Carrot, small dice
½ Leek, sliced
3 sprigs Celery, small dice
65g Red lentils
10g Mixed herbs
1 Garlic clove, crushed
1tbsp Tomato puree
600ml Water
50g Peas
Gravy powder
500g Potatoes, peeled and diced small

1. Preheat the oven to 200°C or gas mark 6
2. Sweat the onions, carrots, leeks and celery in a medium sized saucepan on the hob with the lentils, stirring occasionally until the vegetables have softened
3. Add the mixed herbs and garlic, stirring well
4. Add the tomato puree, cover with water and simmer for approximately 30 minutes
5. Add the peas and then thicken with gravy powder as per instructions on packaging until you reach the desired consistency
6. Transfer to a suitable oven proof container and leave for a few minutes until a skin starts to form
7. Meanwhile boil the potatoes until cooked. Drain well and mash
8. Spread or pipe the potatoes on top of the lentil and veg mix and place in the oven to cook for approximately 45 minutes to one hour until top is slightly golden
9. Serve with green beans or broccoli





Lime and Parsnip Loaf

Six portions

Ingredients

200g Allergen free spread or butter
25g Sugar
2 Eggs
1 Lime juice and zest
1 Parsnip, finely grated
200g Self-Raising Flour

1. Cream together the allergen free spread or butter and sugar, until fully combined
2. Add the eggs one by one, whilst mixing constantly
3. Add the lime juice, zest and parsnip and fold into the mix
4. Mix in the flour until a batter is formed
5. Spoon the mix into a lined loaf tin and bake at 170°C or gas mark 3 for 45 minutes to one hour until the cake is golden and cooked through
6. Cool the cake slightly then remove from the tin to cool completely on a wire rack

Top Tips

- If the top becomes too brown cover the cake with a piece of parchment
- The loaf can be made individually, simply use muffin cases instead of a loaf tin

Spanish Chicken Paella

Six portions

Ingredients

2 tbsp Oil
500g Diced chicken
1 Onion, finely diced
1 Red Pepper, diced
1 tsp Paprika and turmeric
1tsp Dried thyme
1 Garlic clove, crushed
400g Short grain rice or pudding rice
1 tin (400g) Pureed Tinned tomatoes
100ml Water
50g Peas
½ Lemon juice
15g Fresh chopped parsley

1. Heat the oil in a large pan on a medium to high heat
2. Add the chicken, onion and peppers; fry until the chicken starts to brown and the vegetables have softened
3. Stir in the paprika, turmeric, dried thyme, garlic and rice
4. Stir for a few minutes, then add the tomatoes and water. Stir thoroughly
5. Reduce to low heat and cook, uncovered, for about 15-20 minutes, stirring now and again until the rice is tender, and the liquid has almost disappeared
6. Stir in the peas and cover with a lid for five minutes or until the peas are soft
7. Squeeze in the lemon juice and stir through the parsley

Top Tips

- Carefully check the chicken for bones
- Do not reheat rice, is a high-risk food so cannot be reheated



