

How to make... Tasty Fillings

Hello there, Susan Richards here from the Big Cook Little Cook team at Leicestershire Nutrition and Dietetics Service.

I'd like to share today two tasty recipes that we can use to put into sandwiches, pitta breads, wraps, or chapati.

These recipes are super quick and simple to put together, really suitable for little hands to get involved, get them chopping techniques and also become familiar with different foods.

So, before we start, we're going to tie our hair back, wash our hands and put our aprons on ready to cook.

We're going to grate the cheese and the carrot. The carrot has already been grated. But I do want to just demonstrate again how to do it.

Flat surface, hand tightly down, so putting pressure on, and then I've washed and cut the carrot on an angle. So, what we're going to do is grate down and off, down and off, down and off. And then put the carrot on a plate or into a bowl when you come to mix it.

We're going to grate our cheese next. You can see I've already done some ready. Cut the cheese on an angle exactly the same, firmly hold down and we're going to grate down and off, down and off, down and off. You could see that crumbled a little bit.

Children will most probably need a bit of support from parents when they're actually grating.

Now we're going to make our wrap up. I've put two tablespoons of grated carrot into here, two tablespoons of our cheese. They are both portions.

So, we're going to now place the carrot and cheese into the wrap. I'm going to take the side over the ingredients, and we're going to roll and form our wrap having the seal at the bottom.

Now, for portions, we're going to cut in half. Half a portion of a small wrap would be suitable for three to four-year-old and a quarter would be suitable for a one to two-year-old.

We're going to make coronation chicken now. We're going to start off with cutting our cooked chicken up into pieces.

Several ways we can do it, knife and fork technique. I'm going to cut straight down the centre of that piece of chicken and then we can just put the fork near to where you're cutting using the serrated part of the knife to make the cutting process easier.

This chicken could also, it's quite soft, could be torn. So, you know, you don't need to use a knife and fork. We can just tear it into pieces.

So, if you've got a really tiny child in a high chair watching, you're cooking with your older child, just letting them get involved. They might even eat the product as well which is never a problem.

So now we're going to make our coronation mix up. We have our two tablespoons of cooked chicken into the dish. We're going to add one dessertspoon of dried fruit. It could be any fruit. It could be chopped apricot. It could be raisins. But we've got raisins here, but it could be sultanas as well. So, any fruit really, even fresh apple would be nice in here.

We're going to have a pinch of mild curry powder into there and you might want to add a little bit more, you might want to add a little bit less. It's all down to individual flavours.

Now, to combine those ingredients, to draw them together, we're using mayonnaise, full fat mayonnaise or you could use a Greek yoghurt to mix them together or natural yogurt. It's entirely up to you. Whatever you've got in your fridge or in your cupboard.

We're going to add this and then we're just going to mix those all together.

So now we're going to make our coronation pitta bread up. We've got mini pitta bread. You could, if you like, a crunchy outer pitta, you could slightly toast these on a very low heat. And they do only take literally maybe 30 seconds to a minute. That's if you like this outer casing crisper.

We're going to cut the pitta bread in half to give you an example of a portion. Also, it's easier to get the filling in. So, we're going to put that on one side.

This portion here is suitable for a three to four-year-old.

Just going to check that I can open, yeah, I can open it. And I always say to the children when I'm teaching them, we're going to make a little parcel. So that's our little parcel.

We're going to fit our coronation chicken now into our parcel. So, there is your coronation chicken pitta bread.

What I'm going to do now is just show you that that's a portion for a three to four-year-old. But if we've got a one to two-year-old, we'd want to take this and cut it into half, which is a quarter of the whole thing. And that would be a suitable portion for a one to two-year-old.