

BROCCOLI & CHEDDAR PUFFS



These delicious cheesy puffs make a fabulous lunchbox or picnic option with a hidden portion of vegetables. You could also swap the broccoli for spinach, leeks or peppers.

You could really bump up the veg content by serving them with cucumber and carrot sticks to add texture and crunch to the lunchbox.

Once cooled store in an airtight container in the fridge for up to 3 days.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use balance/digital scales; use the hob (with adult supervision); use a colander; mash; beat ingredients together.

Equipment: Saucepan/Steamer, Bowl, Fork, Sieve, Muffin Tin, Muffin Cases, Wire Rack.

Ingredients (makes 12):

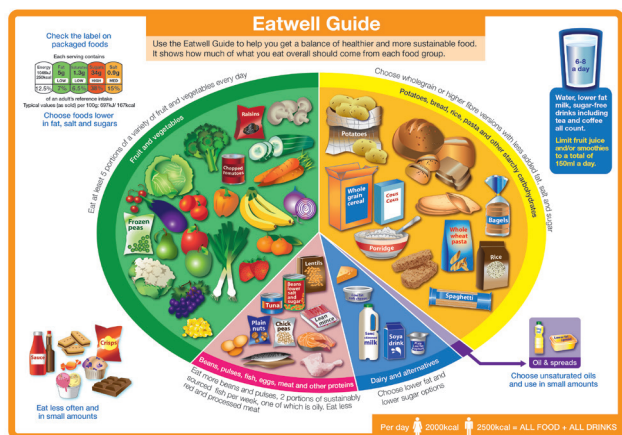
- 230g of plain flour
- 140g of grated Cheddar cheese
- 300g broccoli, chopped
- 18 cherry tomatoes, chopped
- 170ml semi-skimmed milk
- 1 large egg, beaten
- 2 tbsp olive oil
- 12g baking powder

Method

1. Preheat the oven to 180C/375F.
2. Cook the broccoli until tender (boil or steam) and mash with the back of a fork.
3. In a bowl, sift the flour and baking powder together, mix in the cooked broccoli and cheese.
4. Add the chopped tomatoes, oil, beaten egg and milk, and mix well.
5. Spoon the mixture into 12 greased muffin cases or a greased muffin tin (the consistency should be a moist, sticky dough that is quite thick).
6. Bake for around 30 minutes or until golden.
7. Transfer to a wire rack to cool.

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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Broccoli & Cheddar Puffs ...

Broccoli is a good source of fibre as well as a range of vitamins and minerals, such as Vitamin C and K, folate and potassium.

Cheddar cheese can be high in saturated fats and salt. Use small amounts of mature cheese (it tastes stronger so you need less of it!) and choose low fat options where possible.



Energy, sugar, fat and salt per serving

Per 84g serving

ENERGY
695kJ / 166kcal

8%

MED

FAT
7.3g

10%

MED

SATURATES
3.2g

16%

LOW

SUGARS
1.8g

2%

MED

SALT
0.6g

9%

% of an adult's reference intake

Typical values per 100g : Energy 828kJ / 198kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage