

SECRET GARDEN LOAF



Use up root vegetables and eggs in this delicious baked loaf. Any root veg can be used - parsnips, carrots, sweet potatoes, beetroot, swede... If you don't have courgettes, just use two different root veg, maybe carrot and parsnip? Or try cauliflower blitzed to "rice" in place of courgette. Use fresh herbs if you have some lying around!



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; crack an egg; beat an egg; use measuring spoons and cups; cut using bridge/claw technique safely; use a box grater safely; use a vegetable peeler safely; crush garlic; use a hob/oven (with adult supervision).

Equipment: Knife, chopping board, box grater, vegetable peeler, saucepan, wooden spoon, measuring spoons, small bowl, whisk/fork, garlic press, ovenproof dish.

Allergens*: Gluten | Eggs | Milk | Soya

Ingredients (serves 2):

- 1 tsp olive oil
- 1 small onion, peeled and grated
- 1 courgette, washed and grated
- 2 medium parsnips, peeled and grated
- 1 clove garlic, peeled and crushed
- 1 tbsp tomato puree
- 1 tsp dried mixed herbs
- 1/2 tsp yeast extract
- 2 medium eggs, beaten
- 20g reduced fat mature Cheddar-type cheese
- 1 medium slice of wholemeal bread, made into breadcrumbs
- 4 cherry tomatoes
- Black pepper, to taste
- Salad or green vegetables, to serve

Method

1. Preheat the oven to 200C / gas mark 6.
2. Heat the oil in a saucepan. Add the grated vegetables and garlic and cook over a medium heat, stirring often. Cook until the veg are soft.
3. Remove from the heat and add the herbs, tomato puree, yeast extract and some ground black pepper, then stir in the beaten eggs, breadcrumbs and grated cheese. Mix well.
4. Tip the mixture into a lightly greased ovenproof dish and press down.
5. Lightly press the halved cherry tomatoes onto the top of the loaf.
6. Bake in the oven for around 40 minutes until steaming hot throughout and golden brown on top.
7. While the loaf is baking, prepare the side salad or steam the green veg.
8. Divide the loaf between plates and put some salad or steamed green veggies on the side.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



SECRET GARDEN LOAF Nutrition Information



Source: Public Health England in consultation with the British government, Food Standards Institute and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

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

Energy, sugar, fat and salt per serving

Per 393g serving

ENERGY	1595kJ / 381kcal	19%
FAT	13.8g	20%
SATURATES	4.5g	22%
SUGARS	17.9g	20%
SALT	0.9g	15%

% of an adult's reference intake
Typical values per 100g : Energy 406kJ / 97kcal

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.

So, thinking about Secret Garden Loaf ...

Vegetables are so good for us!
Low in fat, sugar and calories and high in vitamins and minerals.

Eggs are an excellent source of protein, vitamins and minerals. Protein is essential for building and repairing our bodies.

