



Nestlings Eco Nursery
Meithrinfa Eco Nythgywion

PAELLA

INGREDIENTS

- 1 tbsp olive oil
- 1/2 onion, sliced
- 1/2 leek, sliced
- 110g pack chorizo sausage*, chopped
- 1 tsp tumeric
- 300g long grain rice
- 1L hot fish stock*
- 200g frozen peas
- 400g seafood mix*

ALTERNATIVES

- *Chicken or Chickpeas (Use some paprika to flavour)*
- *Chicken or Vegetable stock*
- *Just leave the seafood mix out and add some extra vegetables.*

PREP TIME: 5 MINS

COOK TIME: 25 MINS

TOTAL TIME: 30 MINS

DIRECTIONS

1. Heat the oil in a deep frying pan, then soften the onion and leek for 5 minutes without browning.

2. Add the chorizo and fry until it releases its oils.

3. Stir in the tumeric and rice until coated by the oils.

4. Pour in the stock and bring to the boil, then simmer for 15 minutes.

5. Pop the peas in and cook for a further 5 minutes.

6. Stir in the seafood to heat through for a final 1-2 minutes cooking, or until rice is cooked.

7. Check for seasoning and serve immediately with lemon wedges.

**#nestlingsrecipe
#paella**



@nestlingsnursery

Take a picture, share and tag us on social media please.

We love to see our recipes being used!



Nestlings Eco Nursery
Meithrinfa Eco Nythgywion

MUSHROOM SOUP

INGREDIENTS

- 90g butter*
- 2 medium onions, roughly chopped
- Garlic clove
- 500g mushrooms, chopped (chestnut or button mushrooms work well)
- 3 tbsp plain flour
- 500ml hot chicken stock*
- 500ml milk*
- Small handful flat-leaf parsley, roughly chopped, to serve (optional)

*DAIRY & MEAT ALTERNATIVES

- Coconut Oil
- Vegetable stock
- Oat/Soya/Almond Milk

PREP TIME: 10 MINS
COOK TIME: 25MINS
TOTAL TIME: 35MINS

DIRECTIONS

- 1. Heat the butter in a large saucepan and cook the onions and garlic until soft but not browned, about 4-6 mins.*
- 2. Add the mushrooms and cook over a high heat for another 3 mins until softened.*
- 3. Sprinkle over the flour and stir to combine.*
- 4. Pour in the milk little by little, constantly stirring to prevent lumps.*
- 5. Pour in the chicken stock, bring the mixture to the boil and simmer for another 10 mins*
- 6. Remove the mushroom mixture from the heat and blitz using a hand blender until smooth.*
- 7. Scatter over the parsley if you like and serve.*

#nestlingsrecipe
#mushroomsoup



@nestlingsnursery

Take a picture, share and tag us on social media please.

We love to see our recipes being used!



Nestlings Eco Nursery
Meithrinfa Eco Nythgywion

SAUSAGE & BEAN POT

INGREDIENTS

- 1 tbsp Oil
- 1 Onion, thickly sliced
- 8 Cumberland Sausages*
- 1 Large Garlic Clove, crushed
- 800g Tinned Kidney Beans
- A Tin of Chopped Tomatoes
- Vegetable Stock
- 2-3 Sprigs of Curly Parsley, chopped

*DAIRY & MEAT ALTERNATIVES

- Vegetarian/Vegan Sausages

DIRECTIONS

1. *Heat the oil in a large frying pan.*
2. *Cook the onion and sausages over a fairly high heat for 8-10 mins, turning the sausages often so they brown all over.*
3. *Add the garlic to the pan with the kidney beans.*
4. *Half-fill one of the cans with stock, swirl and then add this to the pan.*
5. *Add the tinned tomatoes*
6. *Stir everything together and bring to the boil. Turn down to simmer and cook for 10 mins, or until the sausages are cooked through.*
7. *Season and sprinkle with the parsley.*

#nestlingsrecipe
#sausageandbeanpot



@nestlingsnursery

PREP TIME: 5 MINS
COOK TIME: 20MINS
TOTAL TIME: 25MINS

Take a picture, share and tag us on social media please.

We love to see our recipes being used!



Nestlings Eco Nursery
Meithrinfa Eco Nythgywion

MISTY'S VEGGIE CURRY

INGREDIENTS

- Coconut oil
- 1 medium onion, roughly chopped
- 1 pepper, chopped
- 2 carrots, chopped
- 225g halloumi (trust me, it's yummy)
- 2 tsp tumeric
- 1 tsp cumin
- 1 tin of chopped tomatoes
- 1 tin of coconut milk

***DAIRY & MEAT ALTERNATIVES**

- Any oil you fancy
- Chicken if you want to meat it up or chickpeas if you're dairy free
- You can also add whatever other vegetables you like (Spinach is good)

PREP TIME: 10 MINS
COOK TIME: 27MINS
TOTAL TIME: 37MINS

DIRECTIONS

- 1. Heat the oil in a saucepan and add the onion to soften for 5 minutes.**
- 2. Add the chopped pepper and carrots and sweat for 2 minutes.**
- 3. Add in the chopped up halloumi and sprinkle with the tumeric and cumin.**
- 4. Pour in the chopped tomatoes and coconut milk. Stir.**
- 5. Leave to simmer for about 20 minutes.**
- 6. Serve with rice and enjoy.**

#nestlingsrecipe
#mistysveggiecurry



@nestlingsnursery

Take a picture, share and tag us on social media please.

We love to see our recipes being used!



Nestlings Eco Nursery
Meithrinfa Eco Nythgywion

SPECIAL GREEN SPAGHETTI

INGREDIENTS

- 400g Spaghetti
- 100g Baby Spinach
- 140g Frozen Peas
- Handful of Basil
- 3 tbsp Green Pesto
- 150ml Single Cream
- 50g Parmesan*

ALTERNATIVES

- Vegetarian/Vegan cheese or none
- Meat eaters could add chicken, ham or chorizo if fancied.

#nestlingsrecipe
#specialgreenspaghetti

PREP TIME: 5 MINS
COOK TIME: 12 MINS
TOTAL TIME: 17 MINS

DIRECTIONS

1. Cook the spaghetti following pack instructions

2. Put the spinach and peas in a bowl and cover with boiling water. Leave for about 3 minutes and then drain.

3. Pop the drained vegetables into a blender. Add the pesto, some of the basil, cream and parmesan then whizz it up (Kids often like getting involved with this bit - if you want them to know what's going into the sauce, sometimes it's better to keep it a secret).

4. Drain the pasta, reserving a little of the cooking water, and return to the pan.

5. Pour over the sauce and return to a low heat to cook for a few mins, until the sauce clings to the spaghetti (Add a little pasta water if it looks too dry).

6. Season to taste and serve with extra Parmesan and scattered with basil leaves, if you like



@nestlingsnursery

Take a picture, share and tag us on social media please.

We love to see our recipes being used!