



Scoop & Digger's Radiant Risotto

Digger and Scoop are growing up fast and they need loads of energy, so that they can play, keep active and warm in the Kingdom of Firs. This means they have to eat filling and delicious foods. This is one of their favourites.

In the winter months we all need to eat healthy hot food to make sure we, have enough energy to keep us warm as well as providing us with energy to get outside, explore and make sure we are fit and healthy so we can fight off nasty winter bugs.

Their risotto contains protein to help us stay healthy and full, carbohydrate to give us energy and vegetables that contain lots of vitamins and minerals to fight off bugs and colds.

METHOD

✦ Heat the oil in a large frying pan, tip in the chorizo and fry until it is crisp and all the oil has been released. Remove a quarter of the chorizo with a slotted spoon and set aside.

✦ Tip the rice into the pan, stir to coat it in the oil and toast for a min or so, then pour in the vinegar. Once the vinegar has evaporated, add a ladleful of the stock, stir then, once absorbed, add a bit more. Continue doing this for about 20 mins until most of the stock has been absorbed and the rice has swollen but still has a slight bite.

✦ Tip in the peas, parmesan and the remaining stock. Give everything a good stir. Once the cheese has melted, season with black pepper, then divide between bowls, topping each portion with the remaining crisp chorizo and extra grated parmesan. Add a bit of extra cheese on the top before you tuck in. Enjoy!



INGREDIENTS

[Feeds 4]

1tbsp oil

200g chorizo (you could use ham or just normal sausage if you prefer)

300g of Risotto rice

2 tbsp vinegar

1.5 litres of chicken stock, made with stock cube

200g frozen peas

60g of parmesan cheese (you can use grated cheddar if you prefer)

MIX IT UP!

If you are vegetarian, try using some smoked paprika to add a similar smokiness that the chorizo adds to the risotto. Also replace the chicken stock cube with a vegetable one or just water. You can also add in chickpeas or soy beans to add protein and any other vegetables or herbs to add extra vitamins and flavours.





Rusty's Nutty Nibbles

Rusty and Twitch love nuts and Robin loves seeds, so what better way to celebrate all their favourite treats by creating delicious and healthy nutty energy balls.

The nuts, seeds and oats in this recipe are packed with protein, fibre, carbohydrates and essential vitamins and oils which feed our muscles and our brain, and also keeps us energised for long periods of time.

These are a perfect small snack to take out with you on winter walks or to nibble with a cup of hot chocolate.

If you are allergic to nuts, you can substitute the nut butter with seed butter or tahini which is a sesame seed paste, and add dried fruit or desiccated coconut. Experiment with different textures and flavours!

METHOD

✚ Combine oats, peanut butter, crushed nuts and or seeds and honey into a bowl and beat until well combined, adding more honey if the mixture is not holding together. Add in your chocolate chips at this stage if you are using them. ✚ Peel the outer skin of your onion and roughly chop.

✚ Take out small dollops of the mixture and roll them into balls with your hands. This can be a little messy as the mixture is quite sticky. Top tip – add a little oil onto your hands before rolling them into balls to avoid them sticking.

✚ Place your balls on a baking sheet and then pop them in the fridge for 30-60 minutes. Then take them out and enjoy! This recipe makes 12 balls, but double up the ingredients to make more!



INGREDIENTS

[Makes 12 small balls]

100g rolled oats

125g peanut butter

50g chopped nuts and or seeds of choice

2 tablespoons of honey

50g chocolate chips (optional)

MIX IT UP!

Try making different flavoured balls by adding spices to the mix. Cinnamon, dried ginger and mixed spice works really well. You can also add a little cocoa powder if you would like to make them more chocolatey. Adding dried fruit like sultanas, raisins and cranberries adds a delicious sweetness.

Also try rolling the balls in desiccated coconut to make them look like mini snowballs that Scoop and Digger would love!



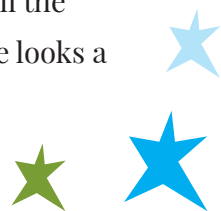


Nova's Slurpy Superfood Soup

The winter months often are cold, wild and dark, especially in The Kingdom of Firs. During this time we need a little extra help to keep our health in tip-top condition. Why not try making Nova's Slurpy Superfood Soup - guaranteed to keep you strong, healthy and happy all winter long. Packed with magic beans and colourful vegetables; it even tastes great with The Kingdom of Firs Flatbreads on the side! Give it a go and let these super foods give you super powers!

METHOD

- ✚ Peel the carrot and sweet potato with your vegetable peeler (another use for this handy tool!) and chop into bite-size pieces.
- ✚ Peel the outer skin of your onion and roughly chop.
- ✚ Take a saucepan and add a little drop of any oil or butter you have in your cupboard or fridge. Add the onions and carrot and gently fry over a low heat. Get an adult to help you.
- ✚ When the vegetables have softened and look a pale golden colour, take three tea cups of cold water and cover your vegetables, then add your rinsed magic beans.
- ✚ Bring the water to simmering point - you'll see lots of tiny bubbles on the surface.
- ✚ Add your stock cube and stir until it has dissolved.
- ✚ Add the sweet potato and herbs and then simmer for another 30 mins until the magic beans and vegetables are soft. Top up with a little water if the mixture looks a little dry.
- ✚ Serve and enjoy with some crusty bread.



INGREDIENTS

[Feeds 4]

1 onion

1 carrot

1 sweet potato

1 bag of magic bean mix

1 stock cube

3 cups of water

A pinch of dried herbs

Optional - salt and pepper to taste.

MIX IT UP!

Try changing up your soup by adding a pinch of any spices you may have in your home. Curry powder, paprika, chilli powder, cumin or all spice work well.

You can also add other root vegetables, peppers or tomatoes you have in your fridge to your soup. Soup is a great way to use up vegetables that are looking past their best or leftover from previous meals.





The Kingdom of Firs Flatbreads

The winter months often are cold, wild and dark in our magical kingdom, and during this time we need a little extra help to keep our magic powers in tip-top condition. A wise, old sorcerer who lived on top of a snowy mountain peak once told us of his secret Super Soup recipe – guaranteed to keep you strong, healthy and happy all winter long. Packed with magic beans and colourful vegetables; it even tastes great with Kingdom Bread! Give it a go and let these super foods give you super powers!

METHOD

- ✚ Put the flour in a medium bowl and rub in the oil with your fingertips. Stir in 225ml warm water, mix thoroughly, then knead until the dough feels smooth and elastic.
- ✚ Put the dough onto a lightly floured surface and divide into eight balls. Sprinkle the work surface with a little more flour and roll out one of the balls very thinly, using a floured rolling pin, to roughly the size of a dinner plate . Turn the dough regularly and sprinkle with a little more flour if it begins to stick. Set aside and make the other flatbreads in the same way. If making ahead, freeze before cooking.
- ✚ Put a medium non-stick frying pan over a high heat and, once hot, add one of the flatbreads. Cook for about 30 secs, then turn over and cook on the other side for 30 secs. Press the flatbread with a spatula while cooking to encourage it to puff up and cook inside – it should be lightly browned in patches and look fairly dry, without being crisp. Repeat with the remaining flatbreads, keeping them warm by wrapping in a clean tea towel until needed.



INGREDIENTS

[Feeds 2]

350g wholemeal flour

Nova likes wholemeal as it has more of the whole grain in it and that means more fibre and protein which helps her tummy to function properly and helps her feel full for longer. You could also use gluten free flour too.

4 tsps of oil.

MIX IT UP!

Nova loves to put cheese and lots of crispy salad into her flatbread and she rolls it all up into a sausage shape and takes it in her rucksack when she goes on an adventure.

You could put cooked chicken, tuna or just jam into your flat bread before heading off on a wild quest to the next destination on the map.

