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The
Super Yummy
Kitchen

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The Super Yummy Kitchen
Family Food Series

GROWN UP
GUIDE #10

THE PLACE WHERE FUN,
FOOD AND EDUCATION MEET

A helping hand for parents, carers
and teachers to use with children,
alongside the cook-a-long videos,
recipes and activities of the week in
The Super Yummy Kitchen

Grown Up Guide to #10 of Family Food

Fish Finger Burrito

Curriculum Links:

PSHE

Learning about foods that are healthy for the body.

Science

The Eatwell Guide/ Nutrients in food

Introduction

Burritos are from **Mexico**, but are only popular in the northern region, where they are made with a few simple ingredients. Now burritos are popular all over the world! They are a yummy, cheap and **easy recipe** to enjoy any day of the week. You can build them around what you have in your kitchen. Common spices used in burrito recipes are: **smoked paprika**, **cumin**, **coriander** and **chilli**. You will often find traditional Mexican ingredients in a burrito like avocados in guacamole, tomatoes and chillies in salsa and corn used to make the tortilla wrap.

Recipe Tips

We've used fish fingers but you can use any protein you have at home: chicken, beef, tofu, prawns, salmon or beans. Try using brown rice or quinoa instead of white rice, to boost the fibre! Also try a wholemeal wrap if you have one!

To make this extra delicious, try wrapping your burrito in tin foil and heating on a hot frying pan, the wrap will get nice and crispy. Unwrap the foil and enjoy!

The Activity

This activity is based around the Eatwell Guide and can be used as a tool to build any balanced meal, not just a burrito. You can find the Eatwell Guide here:

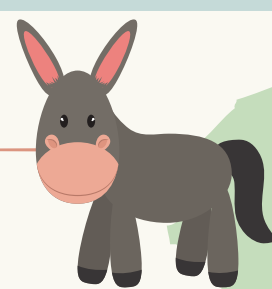
www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Why not get the children to name other foods from each food group on the sheet?

Nutrition Nugget

Fish fingers usually contain white fish like haddock or cod. **White fish** contains **iodine**, an important nutrient that many in the UK are deficient in. Iodine supports the **production of hormones** from the thyroid.

We've used pinto beans in our burrito recipe, but any bean will do. **Beans** are high in **fibre** and **iron**. Iron from plant sources is not as easily absorbed by the body compared to 'haem' iron found in red meat. **Vit C** helps the body absorb iron from plant foods, like spinach, kale, beans and lentils. The carrot slaw contains lots of Vit C from the carrots and oranges. Peppers, lemons, limes and tomatoes also contain high levels of Vit C, perfect to eat with iron rich foods.



Did you know that
**Burrito means
'Little Donkey' in
Spanish!**



Fish Finger Burritos with Mexican Rice

Ingredients

For the Mexican Rice
1 tbsp rapeseed oil
1 mug dried rice (brown rice if you can)
3 large tomatoes, chopped
2 mugs vegetable stock (reduced salt if possible)
1 tsp tomato purée
1 tin of pinto beans, drained (or any beans you have)

For the Burritos
1 tsp smoked paprika
½ tsp ground cumin
½ tsp chilli powder
½ tsp garlic powder (optional)
10 fish fingers (frozen)
4 soft flour tortillas (wholemeal if you can)

For the Carrot Slaw
3 large carrots, peeled & grated
1 orange, for juice & zest
Handful of coriander, chopped

Why not try serving with...



Serves 4

Method

Preheat the oven to 220°C

- Heat the oil gently in a pan, add the rice and toast for 5 minutes. This will give you the perfect rice!
- Add 2 mugs of boiling water, the tomato purée and stock cube, gently simmer on a low heat for 15 minutes and cover with a tightly fitted lid.
- After 15 minutes, turn the heat off and leave to sit for another 15 minutes. Remove the lid, fluff up the rice with a fork and add the pinto beans and tomatoes.
- In a separate bowl, mix together the paprika, cumin, chilli and garlic powder and put to one side.
- Place the fish fingers on a baking sheet and dust evenly with the spice mix. Pop in the oven for 12-15 minutes.
- For the carrot slaw, mix the peeled and grated carrot with the juice and zest of an orange. Add freshly chopped coriander to finish it off.
- Time to build your burrito! Take a warm tortilla, add some tomato rice, a couple of fish fingers (or a few for an adult) then top with slaw then your choice of topping and get wrapping! Make sure you tuck the bottom of the wrap up so the filling doesn't fall out.
- Your burritos are ready - enjoy!

Recipe

Activity

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The Burrito Generator

Ks1 & Ks2 Today's curriculum links: SCIENCE & PSHE

? The Eatwell Guide is the UK's healthy eating model and shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. If we eat a healthy, balanced diet, in line with the Eatwell Guide, we should be able to get all of the nutrients we need to stay healthy!

Choose some ingredients from each food group to create your own personalised burrito! Try to have this balance of food groups with every meal!

Vegetables x 2 (or more)

Carbohydrate

Protein

Dairy

Pick healthy fat topping!

Don't forget some herbs, spices & lemons for extra flavour!