Steamed lentil and carrot cakes

NZBR-017 · Week 4 / Tuesday · Source page 19

Yield: 10 small cakes · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

180 g dry red lentils

140 mL drinking water plus soaking water

130 g peeled carrot

1 egg

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Rinse lentils, soak under refrigeration for 4 hours and drain. Blend with measured water. Steam finely grated carrot until soft. Whisk carrot and egg into batter. Divide between 10 lightly oiled heatproof cups. Steam covered over simmering water until firm and fully cooked, about 20–25 minutes. Serve moist in soft pieces.

ALLERGEN CHECK

Egg

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-017/

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