Soft breakfast couscous with vegetables

NZBR-030 · Extra breakfast option - not assigned a date · Source page 32

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

INGREDIENTS

200 g wholemeal couscous

410 mL boiling drinking water

250 g peeled kūmara

160 g courgette

120 g plain unsweetened yoghurt

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cover couscous with water and rest until fully hydrated. Steam diced vegetables until soft, mash and stir into couscous with yoghurt and oil. Add additional drinking water as needed to keep moist and spoonable.

ALLERGEN CHECK

Wheat (gluten), milk

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-030/

AARTI REVIEW DRAFT