Wholemeal vegetable pikelets with cauliflower and tomato

NZB-0672 · Savoury breakfasts · Warm · 10 children

INGREDIENTS

wholemeal flour · 250 g

pasteurised milk · 280 mL

eggs · 2 each

baking powder · 8 g

canola oil · 12 mL

cauliflower · 190 g

tomato · 190 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative family serving; produce varies by recipe.

PREPARATION

1. Steam cauliflower florets until very soft and mash.
2. Remove tomato skin and tough cores, dice, then simmer until soft. Drain excess liquid.
3. Whisk flour, powder, milk and eggs. Stir in cooled finely mashed vegetables. Pan cook 20 small pikelets in oil until both sides and centres are cooked through.
4. Divide the finished batch into 10 starting portions. Adjust texture and portion for the individual child.

SERVING TEXTURE

Serve soft, manageable pieces or a moist mash. Seat and supervise children while eating. Use each child's feeding plan where applicable.

ALLERGEN CHECK

Milk, egg, wheat (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

SHARED INGREDIENTS

pasteurised milk, eggs, canola oil, cauliflower, tomato

Approx. preparation 15–20 min + an extra 10-minute serving allowance. Cooking time varies. Estimates are not kitchen-tested.

Provisional batch for 10 children aged 3–5. Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.