



# Try a School meal for yourself

School meals are healthy, tasty and nutritious



Try making this simple recipe for your family at home. It's an example of what can be found on our school meal menu



# Vegetable and Pepper Fusili

## Ingredients

1	Onion sliced	1	Yellow pepper sliced
1	Garlic clove crushed	1 tin	Chopped tomatoes
40g	Broccoli florets	15g	Basil
40g	Courgettes diced	40g	Tomato puree
40g	Aubergine peeled and diced	200g	Fusili pasta
1	Red pepper sliced	80g	Cheddar cheese
Serves 4		Ground black pepper to taste	

## Method

1. Place fusili pasta into a pan of boiling water and cook until nearly cooked. Drain and wash through with cold water. Add a little olive oil to stop the pasta sticking.
  2. Put some oil in a frying pan and heat. Stir fry the broccoli, courgettes, peppers and aubergine. When nearly cooked take out of the pan and put to one side.
  3. Put some more oil in the pan and fry the onions and garlic until soft. Add the chopped basil and pepper.
  4. Add the chopped tomatoes and bring to a simmer. Allow to cook for about 5 minutes and then mix in the tomato puree. Add a little salt to taste.
  5. Put the sauce into a bowl and then mix in the pasta and the cooked vegetables and peppers.
  6. Pour this into an oven proof dish, sprinkle with grated cheese and put in a moderate oven gas mark 3 / 160° C until the cheese is golden brown.
- Serve with sprigs of basil.

Did you know your child may be eligible for free school meals?  
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit  
[www.walthamforest.gov.uk/schoolmeals](http://www.walthamforest.gov.uk/schoolmeals) or call  
Waltham Forest Direct on 020 8496 3000.

