



# FOOD EXPLORERS

International Chefs Day  
Recipe Book

Let's start

## Dearest Young Chef

Hello! Welcome to the International Chefs Day Celebration and your very own recipe book!

We're excited to have you participate in this global celebration about chefs, cooking, and fun ways to eat a balanced diet.

We are so happy to welcome all enthusiastic young chefs to the wonderful world of cooking delicious food and learning skills that will last a lifetime.

Let's get started!



# A BALANCED PLATE

Before we begin, it's important to take some time to understand the importance of having a balanced plate.

A balanced plate can be used as a guide to help you creating your very own balanced meals, using combinations of different food groups in varying proportions. This will help you and your family to get a mix of nutrients, vitamins, and minerals which are essential to our bodies!

\*If you need personalized advice, chat with a registered dietitian or healthcare professional.



# THE BALANCED PLATE

Don't forget to eat fruit as a dessert, drink water and use unsaturated oils (such as olive or canola)!

Veggies and fruits should cover at least half a plate. They provide many vitamins, minerals and fibre, which are essential for our bodies!



Healthy protein should cover a quarter of the plate. They mainly contribute to the maintenance of muscle mass and normal bones. This group includes fish, lean meats, eggs, legumes (chickpeas, beans, peas, broad beans, etc.) and nuts.

These foods should cover a quarter of the plate. They include bread, pasta, rice, quinoa, couscous and potatoes.

**A GUIDE FOR CREATING HEALTHY, BALANCED MEALS!**  
**5 - 10 YEARS**

Adapted from Healthy Eating Plate | The Nutrition Source | Harvard T.H. Chan School of Public Health



# THE BALANCED PLATE

Don't forget to eat fruit as a dessert, drink water and use unsaturated oils (such as olive or canola)!

Veggies and fruits should cover at least half a plate. They provide fibre, as well as many vitamins and minerals which contribute to maintaining normal body functioning.



Healthy proteins should cover a quarter of the plate. They mainly contribute to the maintenance of muscle mass and normal bones. This group includes fish, lean meats, eggs, legumes (chickpeas, beans, peas, broad beans, etc.) and nuts. It is generally advised to limit the amount of red and processed meat (e.g. sausages, cold cuts). If you enjoy eating these, try to save them for special occasions.

Grains and tubers should cover around a quarter of the plate. They include bread, pasta, rice, corn, couscous and quinoa, as well as tubers like potatoes. Choose whole grains when possible (brown rice, whole-wheat bread...). Grains and tubers provide carbohydrates, some vitamins and minerals.

**A GUIDE FOR CREATING HEALTHY, BALANCED MEALS!**  
**11 - 15 YEARS**

Adapted from Healthy Eating Plate | The Nutrition Source | Harvard T.H. Chan School of Public Health

# RECIPES

We have put together some tasty and fun recipes. The recipes can be made with the foods found in our Hero Ingredients' list. These recipes can be enjoyed by the whole family and are a great way to spend time with friends.

Have a look at which ones you like best. We hope you enjoy them and have fun making them!



## DID YOU KNOW?

Apples are 25% air, that's why they float!

### Nutritional information

	Calculated Nutrients per portion
Energy (kJ / kcal)	561 / 134
Total Fat (g)	12,0
Saturated Fat (g)	1,1
Carbohydrate (g)	17,1
Total sugars (g)	11,4
Fibre (g)	6,7
Protein (g)	3,7
Salt (g)	0,00

*\*Nutritional values may vary.*

# Amazing APPLE PIZZAS

## Ingredients (4 portions)

**2 units** Apples of choice  
**15 ml** Lemon juice  
**55 g** 100% Nut butter  
of choice (Almond,  
Peanut, Cashew)

## Assorted Toppings

Blueberries  
Bananas  
Toasted coconut  
Sunflower seeds,  
pumpkin seed, etc.

## Method

1. Fill a mixing bowl halfway with cold water and add the lemon juice.
2. Core the apples and slice into 5mm / ¼ slices, then place into the bowl of lemon water for a few minutes.
3. Drain the apples, then spread a little peanut butter onto one side of each apple ring.
4. Top with desired toppings (try fresh, frozen or dried fruit, seeds, nuts, coconut, ground cinnamon, etc.).
5. Set out all the topping ingredients into small bowls and add what you'd like to the 'apple pizzas!'.

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## DID YOU KNOW?

Blueberries can be used as a natural dye!

### Nutritional information

#### Calculated Nutrients per portion

Energy (kJ / kcal)	652 / 156
Total Fat (g)	10,1
Saturated Fat (g)	7,9
Carbohydrate (g)	15,3
Total sugars (g)	10,0
Fibre (g)	2,5
Protein (g)	2,5
Salt (g)	0,13

*\*Nutritional values may vary.*

# BLUEBERRY

## Creamsicles

### Ingredients (4 portions)

350 g	Fresh or frozen blueberries
15 ml	Water
200 ml	Unsweetened coconut milk
125 g	Coconut yoghurt
4 g	Lime zest

### Method

1. In a small sauce pan over medium heat, combine blueberries and water.
2. Lightly crush blueberries with the back of your spoon and cook until liquid is syrupy and thick. Remove from heat. Cool to room temperature.
3. In a small bowl, whisk together coconut milk, coconut yoghurt and grated lime zest.
4. Spoon in blueberry mixture to each popsicle mould – about 1-2 tbsp per popsicle. Fill popsicle moulds a little over half full with coconut milk mixture.
5. Place mould in freezer for 1 hour. Remove moulds and add popsicle sticks into each popsicle. Place mould back in the freezer for at least another 4 hours until ice pops are solid.

**TIP:** If you don't have popsicle moulds try an ice cube tray, silicone muffin liners, or a loaf pan lined with plastic wrap

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**DID YOU KNOW?**

Carrots are made up of more than 80% water

**Nutritional information**

Calculated Nutrients  
per portion

Energy (kJ / kcal)	695 / 166
Total Fat (g)	11,6
Saturated Fat (g)	1,6
Carbohydrate (g)	15,6
Total sugars (g)	7,0
Fibre (g)	6,1
Protein (g)	1,8
Salt (g)	0,26

*\*Nutritional values may vary.*

# Roasty Toasty CARROTS

**Ingredients (4 portions)**

- 500 g** Baby carrots
- 60 g** Red onion
- 45 ml** Olive oil
- 30 ml** Vinegar
- Ground cumin
- Ground pepper
- 20 g** Lemon zest

**Method**

1. Preheat oven to 200°C.
2. Place carrots and onion in medium baking dish.
3. In a small bowl, whisk the olive oil with the vinegar, cumin and pepper.
4. Pour this mixture over the carrots and onions, gently tossing to coat.
5. Roast until carrots and onions are tender about 35 minutes. Garnish with mint and lemon zest.







### DID YOU KNOW?

Spinach is also great in smoothies

### Nutritional information

	Calculated Nutrients per portion
Energy (kJ / kcal)	1431 / 342
Total Fat (g)	28,7
Saturated Fat (g)	4,6
Carbohydrate (g)	18,6
Total sugars (g)	5,7
Fibre (g)	7,3
Protein (g)	8,1
Salt (g)	0,33

*\*Nutritional values may vary.*

# Great Green Bean Salad with SPINACH

## Ingredients (4 portions)

100 g	Green beans
400 g	Green fresh asparagus
150 g	Broccoli
100 g	Soybeans or green peas
100 g	Baby leaf spinach
50 g	Onion
60 g	Olive oil
15 g	Sesame seeds

## Dressing

30 g	Tahini
15 g	Garlic clove
100 ml	Lemon, zest and juiced
60 g	Olive oil
7 g	Low-sodium soy sauce
	Black pepper

## Method

1. Mix all the ingredients for the dressing. Add a few drops of cold water if you prefer a more liquid consistency.
2. Set aside while making the salad.
3. Peel the asparagus, then cut them and the green beans in two. Cut the broccoli into small, nice pieces and boil them all together in lightly salted water for two minutes.
4. Add the fresh greens in ice-cold water and then drain off on a towel or kitchen paper.
5. Boil the soybeans or peas for four minutes and cool down the same way you did with the rest of the greens.
6. In a small pan, roast the sesame seeds until golden.
7. Mix all the greens gently together with the dressing and top it off with the roasted sesame seeds.
8. Serve immediately and enjoy.

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**DID YOU  
KNOW?**

Spinach is  
also great  
in smoothies

### Nutritional information

#### Calculated Nutrients per portion

Energy (kJ / kcal)	925 / 221
Total Fat (g)	9,8
Saturated Fat (g)	1,3
Carbohydrate (g)	27,6
Total sugars (g)	3,9
Fibre (g)	6,0
Protein (g)	9,4
Salt (g)	1,47

*\*Nutritional values may vary.*

# Quinoa with SPINACH AND MUSHROOM

## Ingredients (4 portions)

30 ml	Olive oil
100 g	Yellow onion sliced
15 gr	Garlic
150 g	Mushrooms
600 g	Spinach
	Sea salt
	Ground pepper
500 ml	Vegetable broth
100 g	Quinoa

## Method

1. Rinse quinoa in a fine sieve until water runs clear and then set aside.
2. Heat olive oil in a medium saucepan to medium heat. Add onions and sauté for 3 minutes.
3. Add mushrooms and sauté until all water is absorbed - about 12 minutes.
4. Mix in spinach and garlic and stir for 1 minute.
5. Add quinoa, vegetable broth, salt and pepper and bring to boil.
6. Reduce heat and simmer uncovered for about 15 minutes.
7. Take off heat and let rest for 5 minutes. Stir and serve.

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## DID YOU KNOW?

Mushrooms  
don't  
need  
light to  
grow!

### Nutritional information

#### Calculated Nutrients per portion

Energy (kJ / kcal)	1008 / 241
Total Fat (g)	9,5
Saturated Fat (g)	5,2
Carbohydrate (g)	28,1
Total sugars (g)	4,6
Fibre (g)	2,4
Protein (g)	14,5
Salt (g)	1,11

*\*Nutritional values may vary.*

# Hot Casserole SANDWICH

## Ingredients (4 portions)

300 g	Mushrooms
50 g	Onion
20 g	Garlic
	Pepper, Herbs de Provence
100 g	Mozzarella cheese
1 tbsp	Butter (or vegan option)
90 g	Cherry tomatoes
1/2 unit	Baguette

## Method

1. Fry finely chopped onion and garlic in butter.
2. Peel the mushrooms and grate using a larger slot. Add to pan with onion and garlic. Season and fry until the water evaporates.
3. Preheat oven to 200 degrees.
4. Cut baguette in half. Arrange the mushrooms.
5. Transfer to a baking tray lined with baking paper.
6. Pour the casserole and add grated cheese and cherry tomato halves. Add the herbs and pepper.
7. Bake 5 - 7 minutes, until the cheese melts.

Optional: pour over ketchup and sprinkle with chopped chives.





## DID YOU KNOW?

Mushrooms don't need light to grow!

### Nutritional information

	Calculated Nutrients per portion
Energy (kJ / kcal)	1305 / 312
Total Fat (g)	25,9
Saturated Fat (g)	9,3
Carbohydrate (g)	8,8
Total sugars (g)	3,8
Fibre (g)	1,8
Protein (g)	14,2
Salt (g)	0,69

\*Nutritional values may vary.

# Amazing Grilled PORTOBELLO MUSHROOMS With Cheddar Cheese

## Ingredients (4 portions)

- 600 g** Portobello mushrooms, cleaned
- 50 ml** Olive oil
- 15 g** Garlic clove, finely chopped
- 15 g** Thyme
- 160 g** Sliced cheddar cheese
- 60 g** Onion

## Method

1. Mix the oil, garlic, thyme, onion together.
2. Brush the mushrooms with the oil mixture.
3. Place mushrooms onto a gas grill or BBQ and cook for 5 minutes until tender.
4. Brush again with the oil mixture and then place the cheddar cheese slice on top (stalk side up)
5. Cook a further 1 minute until cheese is melted and serve.

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## DID YOU KNOW?

Chickpeas are grown in more than 50 countries!

### Nutritional information

	Calculated Nutrients per portion
Energy (kJ / kcal)	941 / 225
Total Fat (g)	13,0
Saturated Fat (g)	1,9
Carbohydrate (g)	21,3
Total sugars (g)	6,2
Fibre (g)	6,3
Protein (g)	6,2
Salt (g)	0,52

*\*Nutritional values may vary.*



# Super Summer HUMMUS

## Ingredients (4 portions)

- 250 g** Chickpeas (drained)
- 30 g** Tahini
- 30 ml** Olive oil
- 30 ml** Lemon juice
- 1** Garlic clove
- 4** Carrots

## Method

1. Rinse the chickpeas well in water. Drain and add them to the mixer recipient.
2. Add the peeled garlic, salt, lemon juice, olive oil and tahini sauce to the chickpeas.
3. Mix well and add a few tablespoons of water, little by little, until the texture remains creamy, but dense.
4. Transfer the hummus to a bowl and decorate with a little chopped parsley.
5. Peel and cut the carrots into fingers. Ready to dip!

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### DID YOU KNOW?

There are over 40,000 varieties of rice world-wide!

#### Nutritional information

Calculated Nutrients per portion

Energy (kJ / kcal)	695 / 166
Total Fat (g)	6,3
Saturated Fat (g)	1,0
Carbohydrate (g)	24,5
Total sugars (g)	1,2
Fibre (g)	5,1
Protein (g)	4,1
Salt (g)	0,40

*\*Nutritional values may vary.*

# Sushi Style AVOCADO AND CUCUMBER

## Ingredients (4 portions)

300 gr	Brown rice cooked and cooled
60 ml	Vinegar
	Dried nori (4 sheets)
200 gr	Cucumber
150 gr	Avocado
60 ml	Cold water

## Method

1. Prepare the rice prior to assembly.
2. Mix the vinegar and water in a bowl.
3. Lay the nori sheet on a bamboo mat. Dip your hands in the water vinegar mix and use your hands to evenly spread the rice over the bottom 2/3 of the nori sheet. Leave the edges free of rice.
4. Place the sliced avocado and the sliced cucumber across the center of the rice lengthways to you. Use your bamboo mat to roll the nori roll away from you until you have a complete roll. Wrap each roll in cling wrap or cover with a damp towel. This will stop the nori drying out.
5. Leave for 30 min and then slice to serve.

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# TASTY POTATO

## & Zucchini Tortilla

### DID YOU KNOW?

More than a billion people worldwide eat potatoes!

### Nutritional information

	Calculated Nutrients per portion
Energy (kJ / kcal)	1544 / 369
Total Fat (g)	22,1
Saturated Fat (g)	4,7
Carbohydrate (g)	28,2
Total sugars (g)	3,8
Fibre (g)	22,1
Protein (g)	12,8
Salt (g)	0,26

*\*Nutritional values may vary.*

### Ingredients (4 portions)

600 g	Potato
100 g	Onion
1	Zucchini
60 g	Olive oil
6	Eggs
	Sea Salt


### Method

1. Wash the potato and zucchini.
2. Cut the zucchini and potato into not-very-thin slices.
3. Fry the potatoes and the onion in virgin olive oil. Once they are done reserve on a plate.
4. Put the zucchini on the grill and when it is done reserve.
5. Beat the eggs in a bowl, season with a pinch of salt and add the potatoes, onion and zucchini.
6. Separately, put a tablespoon of oil in a frying pan and when it is very hot, pour the previous preparation to prepare the tortilla.
7. Cook over medium heat and wait for the egg before turning it over and cooking it on the opposite side.

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Eating a tasty and balanced diet is an important part of growing up, and maybe one day when you grow up, you'll become a chef and design your own tasty and delicious recipes. Great chefs also think about the planet, and choose to cook many different types of food, and using leftovers creatively to create new dishes.

Be creative when creating your super tasty dishes, and when you can, choose to use fresh, local or seasonal ingredients. Make sure you share your favourite meals with your friends and family so that they can enjoy the deliciousness too!

And always remember the most important ingredient when you cook is fun!

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Thank you  
for joining us!