

Looking for a recipe that can get your children to eat more vegetables?

At Beezee Families, we work with hundreds of families who want to eat healthier, but struggle to find dishes with vegetables their children will eat. Sounds familiar?

Check out our Mexican traybake below for a taste of our recipe selection!



Ingredients:

- 1 large red onion
- 3 cloves of garlic (2 tsp pre-minced)
- 1 can sweetcorn
- 1 can black beans (drained and rinsed)
- 1 can chopped tomatoes
- 320g frozen spinach
- 100g uncooked red lentils
- 250g brown rice
- 600ml veggie stock
- 120g low-fat cheddar/mozzarella
- Spices: 2 tsp paprika, 1.5 tsp cumin, 1.5 tsp coriander, 1 tsp oregano, ½ tsp chili powder (or none if you don't like spice).



Method:

1. Pre-heat your oven to 200 degrees/ gas mark 6.
2. Dice the onions and garlic (if using fresh) and add them to a large baking tray or dish.
3. Add your brown rice and lentils, along with the spinach, corn and chopped tomatoes.
4. Add all your spices to the tray. Make the stock, then pour slowly into the tray and mix everything together.
5. Pop into the oven for 45 minutes. Take the tray out, add beans and mix well, then top with grated cheese. Return to oven for 10 minutes.
6. Leave to cool for 5 minutes and then enjoy!

Want more help with recipes?

We run FREE healthy lifestyle programmes to help families like yours make healthy habits, and have fun while doing so! Secure your spot today.

Our courses are for families with children aged 5+ and above their ideal weight.

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