

# Banana pikelets with berry sauce

**Serves 2**

## Ingredients

### Banana pikelets

1 large banana, peeled, mashed

1 egg

1 tablespoon oil

### Berry sauce

1 cup fresh or frozen berries

2 tablespoons water

## Method

### Banana Pikelets

1. Place banana and egg into a bowl and mix together using a fork.
2. Heat  $\frac{1}{2}$  tablespoon of oil in a non-stick frying pan over medium heat.
3. Place 3 to 4 tablespoon amounts of mixture into the pan. Avoid overcrowding.
4. Cook pikelets for 1 minute on one side or until bubbles appear on the surface. Turn using a spatula and cook the other side for 1 minute or until golden.
5. Transfer pikelets to a plate.
6. Add rest of oil to the pan, then repeat steps 3 to 5 until mixture is finished, then turn off heat.
7. Serve with berry sauce on top.

### Berry sauce







1. Place berries and water into a saucepan.
2. Heat slowly over low heat with the lid on until berries have thawed and are bubbling a little.
3. Remove lid and continue to cook over a low heat until most of the liquid has evaporated.
4. Spoon sauce on top of pikelets.

## Serving suggestions

- Garnish with fresh mint.
- Serve with 2 tablespoons of reduced-fat plain yoghurt.



## Equipment

-  Cutting board and fork
-  Measuring cups
-  Measuring spoons
-  Non-stick frying pan
-  Saucepan with lid
-  Spatula or fish slice

## Preparation and cooking skills

Fry, mash, mix, reduce and thicken.

## Nutrition

- Fruit like bananas and berries contain dietary fibre which is good for your digestive system and helps you to feel full.

# The Visual Food Guide

Eating a variety of foods help you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

1 Use the word list to **fill in the blanks** on the Visual Food Guide below.

## Word list

grain foods & starchy vegetables

healthy oils, nuts & seeds

milk, yoghurt & cheese

vegetables & fruit

legumes, fish, seafood, eggs, poultry & lean meat



eat  
most

\_\_\_\_\_



eat some

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**CUT BACK ON** junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats



# The Visual Food Guide

Eating a variety of foods helps you get enough energy, nutrients, vitamins and minerals to grow and be healthy.

1 Use the word list to **fill in the blanks** on the Visual Food Guide below.

## Word list

grain foods & starchy vegetables

healthy oils, nuts & seeds

milk, yoghurt & cheese

vegetables & fruit

legumes, fish, seafood, eggs, poultry & lean meat




# eat most

vegetables & fruit



# eat some

grain foods & starchy vegetables



legumes, fish, seafood, eggs, poultry & lean meat



milk, yoghurt & cheese



healthy oils, nuts & seeds

**CUT BACK ON** junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

# Evaluation

Name: .....

Name of food product: .....

How much did you like the **taste** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like the **appearance** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

How much did you like **texture** of your food product? *Choose one*



I really don't like it



I dislike it slightly



I neither like nor dislike it



I like it slightly



I really like it

Add a photo of your food product here

**What went well?**

**What did not go well?**

**What could be improved?**

# Food skills

## Mashing

Mashing is a technique used to break up soft food to a pulp by crushing it with a fork or potato masher.

This technique is used on starchy cooked vegetables such as kūmara and potato. It can also be used on cooked carrots, pumpkin and/or on raw ripe fruit with a soft texture i.e. bananas.

### How to



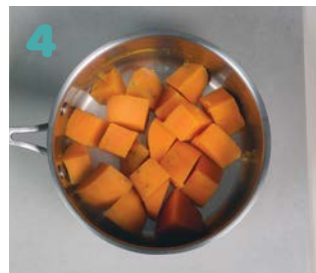
1 Cut the vegetables into even-sized pieces.



2 Place them into a pot and cover with cold water. Bring to the boil over a medium heat.



3 Cook until tender. Test by inserting a fork into the vegetables. They are cooked when it comes out easily.



4 Drain the water from the pot.



5 Using a fork or a potato masher, break up the vegetables.



6 Keep mashing the vegetables until they are smooth and lump free.



7 You can thin down the mash by adding milk, stock or some of the vegetable cooking liquid.





# Kūmara and date loaf

(serves 16)

## Ingredients

2 eggs  
½ cup oil  
½ cup plain yoghurt  
1 teaspoon vanilla extract  
1½ cups kūmara, cooked and mashed  
½ cup chopped dates  
1¼ cups wholemeal flour  
½ cup brown sugar  
2 teaspoons baking soda  
1 tablespoon mixed spice

## Method



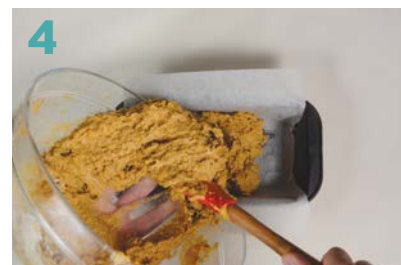
Preheat oven to 180°C.  
Line a loaf tin with baking paper.



In a large bowl add the eggs, oil, yoghurt, vanilla, kūmara and dates. Whisk until well combined.



Then add the flour, sugar, baking soda and mixed spice to the mixture. Gently stir to combine.



Pour the mixture into the loaf tin. Bake for 40-45 minutes or until a skewer inserted into the loaf comes out clean.

For more recipe ideas and cooking tips visit  
[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)