What's for lunch?

Stuck for what to eat? Here are some simple ideas for lunch and a couple of recipes to give you inspiration. Get the whole family involved in preparing the meal for you to eat together.

- Fish cakes
- Shakshuka
- Falafels
- Salad
- Frozen fruit yoghurt
- Eggy bread
- Spicy oven chips

Here are some quick, easy and fun ideas for you to try out.

Struggling with coronavirus? Call 020 7527 8222 or email weareislington@islington.gov.uk for help. #WeAreIslington
Shakshuka

**Ingredients**

A knob of butter  
1 onion, chopped  
1 red pepper, chopped  
½ x 820g tin of baked beans  
1 tin of chopped tomatoes  
4 eggs  
Butter  
Bread to serve  
Salt and pepper to taste  
Chilli flakes to taste

*Serves two*

**Method**

Fry the chopped onion and red pepper in butter in a wide (frying) pan. Add the baked beans and chopped tomatoes and bring to a simmer. Season with salt, pepper and chilli flakes to taste.

Using the back of a large spoon, make a dip in the sauce and carefully crack in your first egg. Take care not to break the yolk! Repeat this until all four eggs are in the pan.

Put the lid (or large plate) on the pan and continue to simmer for 6 – 8 minutes, until the eggs are cooked to your liking. Remove from the hob and spoon out into bowls. Serve with bread.
Fish cakes

Ingredients

- 3 medium potatoes, peeled and cubed
- Large knob of butter
- Sea salt and freshly ground black pepper
- ½ x 340g tin sweetcorn (optional)
- 1 teaspoon of dried herbs (optional)
- ½ x 400g tin tuna
- 1 egg
- 2 slices of old bread

Makes eight fish cakes (or 16 small ones)

Method

Bring the potatoes to the boil. Reduce the heat and cook for 15 minutes or until tender. Drain the potatoes and let them steam dry. Return the potatoes to the pan and add a knob of butter, salt and black pepper and mash until smooth. Stir in the tuna. Add the dried herbs and sweetcorn, if using. Chill for half an hour in the fridge as this helps the fish cakes to keep together while cooking.

Divide the mix into eight balls. Grate the bread or blitz in a blender to make breadcrumbs. In a separate bowl, beat the egg.

Take one of the patties and dip it into the egg and then dip each side in the bowl with breadcrumbs. If you are frying them put them in a frying pan with oil or butter and cook them on a medium heat. If you are baking them put the fish cakes on a greased baking tray and put them in a pre-heated oven at 180°C/350°F/gas mark 4 for 15 – 20 minutes or until the breadcrumbs are golden.

Any left overs are delicious the next day served in a roll.
A fun game for you to try at home!

Keepie Uppie

1. Clear a safe area, inside or outside.
2. Make a small ball by crunching up a sheet or paper or folding a pair of sock into itself. Take the ball in your hand and see how many times you can hit the ball to keep it in the air without the ball touching the ground.
3. Try and set your best score.
4. Change the different ways that you keep the ball up:
   • Use your palm,
   • Use the back of your hand,
   • Alternate between the palm and back of your hand,
   • Walking in a straight line,
   • Walking around an obstacle course.
5. Introduce an object to control the ball, such as a sports racket if you have one, or use a hardback book or spatula.
6. Work with a partner and see how many times you can keep the ball up between the two of you.

www.tinyurl.com/islington-childrenandfamilies