

DELECTABLE IRON-RICH DISHES

FOR YOUR TEEN

Meat and Prune Burger



An iron-filled meal of toasted whole wheat burger buns layered with lettuce, butter-fried meat patties, date and prune sauce, and cheese.

Egg Curry



A spiced curry made with onions, curry and tomato paste, coconut cream, soymilk, spinach, and chickpeas, topped with hard-boiled eggs.

Spinach Cannelloni



A baked dish made by layering a homemade tomato sauce and lasagna sheet rolls filled with a spinach, pine nut, and tofu crumble, dressed in olive oil, cheese, and parsley.

Lentil and Spinach



An Indian spiced lentil preparation made with onions, red lentils, spinach, and sweet potato cooked over a slow simmer.

Pea And Bean Tikki



An Indian patty made by combining peas, beetroot, red kidney beans, sweet potato, and spices.

Spinach Ravioli



Pasta pockets filled with a cheddar, spinach, and mushroom mixture, layered with pasta sauce and parmesan cheese, baked in a dish.