

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



## We've been cooking up a storm in OSHC

In After School Care we love cooking healthy, delicious meals and snacks from our Healthy Eating Cookbook. All the recipes in our cookbook support our healthy eating program and are officially endorsed by Nutrition Australia.

Our Vegetable Hotpot with Noodles is a popular recipe from the cookbook, so we thought we'd share the recipe with you to try at home.

### Our Vegetable Hotpot with Noodles

This delicious hot pot can be prepared early and varied using any vegetables provided.

#### You'll need:

- ☐ Vegetables e.g. carrots, capsicums, onions
- ☐ Vegetable oil
- ☐ 1 tin of tomatoes
- ☐ 1 tin of chickpeas
- ☐ 1 tin of corn
- ☐ Tomato salsa
- ☐ Noodles

#### Method:

1. Cut vegetables into small pieces.
2. Heat oil in a large pot over medium heat. Add tomatoes and tomato salsa.
3. Stir and bring mixture to a simmer.
4. Drain and rinse chickpeas.
5. Add vegetables, chickpeas and water to the pot. Stir to mix.
6. Cover and cook until all vegetables are soft. You can also serve with cooked noodles.

### Come along and see what we're cooking up

You can visit us in the program to see what healthy meals and snacks are on the menu or let us know if you enjoyed the hummus.

From the Team at Camp Australia

