

Table Treats

MAKING MEAL
TIMES FUN

CONVERSATION STARTERS

A well-worded question is the quickest way to connect after a long day.

The Family Dinner Project has a great website full of word play, games and conversation starters to perk up family meals, easily set out for all age groups.

If you joined the circus what would your circus act be?

Make up three silly new traditions for the family.

What is your favourite summer food to eat?

thefamilydinnerproject.org



- Regular family meals are linked to less risky behaviour in teenage years and lower rates of depression.
- At family mealtimes children learn how to use different eating and serving tools such as spoons, forks, knives, chopsticks and tongs.
- Try to cook double the quantity of your favourite family meals. This means that you can freeze half for another night when you have less time.





FAMILY DINNERS

SHEPHERD'S PIE

What you will need:

- 1 brown onion – peeled and chopped
- 1 tbsp. olive oil
- 1 clove of garlic – peeled and crushed
- 500g lean beef or lamb mince
- 1 zucchini – grated
- ½ cup of peas (fresh or frozen)
- 1 stick of celery - chopped
- 1 carrot – chopped into small chunks
- 1 ½ cups of vegetable stock
- ¼ cup of plain flour
- 1 tsp mixed herbs (fresh or dried)
- 6 large potatoes – peeled and chopped into bite size chunks (or try adding ½ a sweet potato or ¼ pumpkin – peeled and chopped, to 4 large potatoes)

A winter warming recipe – easy to make in individual serve pots or in a family sized baking dish and a great way to pack in the veggies.

How to make it:

1. In a large pan of water, boil the potatoes until just soft. Drain then mash with a little bit of milk and then set to one side.
2. Preheat the oven to 180 degrees. Heat the oil over a medium heat in a non-stick frying pan. Add the onion, celery, carrot and garlic and cook for 5mins or until softened.
3. Add the mince, mixing with the fried vegetables, and cook till browned all over. Stir through the zucchini and herbs.
4. Add the flour, stirring through the mixture for 1min and then slowly add the stock. This combination will create a gravy texture for the meat sauce.
5. Add the peas and simmer on a low heat for 3-4 mins until the sauce thickens up.
6. Spoon the mixture into an oven proof dish and top with the mashed potato.
7. Bake in the oven for about 25-30mins or until golden brown.