

Snacky Stuff

World Cup Snacks



Fantastic Football Shirts (Serves 2)

Ingredients

- 1 ciabatta roll (or other thickly sliced bread)
- ½ red pepper (finely diced)
- ½ courgette (finely diced)
- 1 teaspoon red pesto
- 2 chives
- 3 tablespoons grated cheese

Equipment

Chopping board, knife, mixing bowl, spoon, grill, grill pan

Method

1. Slice open the ciabatta and cut each slice into a t-shirt shape, place under the grill on a medium heat until slightly toasted
2. Mix together the red pepper, courgette and coat with the red pesto
3. Spoon the vegetable mixture onto the bread, leaving a small gap around the edge
4. Divide the grated cheese between the two slices and place under the grill until melted
5. Use the chives to create the players number on the shirt

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
130	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	4.2	1.6	3.5	0.6

Red and Yellow Cards (Serves 1)

Ingredients

- 2 wholegrain crackers or crispbreads
- ½ red pepper (finely diced)
- ½ yellow pepper (finely diced)
- 1 teaspoon lemon juice
- 1 teaspoon olive oil
- 1 pinch black pepper

Equipment

Chopping board, knife, mixing bowl, whisk

Method

1. Whisk together the lemon juice, black pepper and olive oil until emulsified
2. Coat the red and yellow pepper in the dressing keeping the two colours separate
3. Spoon onto the crackers or crispbreads

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
142	MEDIUM	LOW	LOW	LOW
Kcal	5.7	0.9	7.3	0.18

Mini Football Pitches (Serves 2)

Ingredients

- 1 panini
- 100g spinach
- 100g mascarpone
- Juice of ½ lemon
- 3 spring onions (cut into strips)

Equipment

Chopping board, knife, blender, grill, grill pan

Method

1. Slice open the panini and place under the grill on a medium heat until slightly toasted
2. Blend together the spinach, lemon juice and mascarpone to form a thick green sauce
3. Spread onto the panini and place under the grill to warm
4. Use the spring onions to create the markings of the football pitch onto of the spinach spread

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
234	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	12.5	7.3	4.8	0.65