

Seasonal Bites: Spring Edition.

Fresh, family
friendly recipes
from Affinity
Education



Affinity Education Group



Welcome!

Welcome to Seasonal Bites: Spring Edition, a seasonal recipe collection from Affinity Education.

At Affinity Education, we believe that healthy eating habits start early and that mealtimes should be filled with colour, joy, and connection. Our Centre Cooks use the FeedAustralia platform to create nutritionally balanced menus that children love, and this season, we’re excited to share some of their most popular recipes with you to enjoy at home.

Each dish in this book has been carefully selected from the menus served in our early education centres across Australia. Designed for families, they’re simple to make, full of flavour, and packed with goodness, using ingredients that are fresh, local, and in season this Spring. You’ll find wholesome snacks, vibrant main meals, and easy ideas that little hands can help with too.

Cooking together is a wonderful way to spark curiosity, build confidence, and develop healthy habits for life. From washing vegetables to stirring batter or sprinkling cheese, every small step helps children learn about food and feel proud of what they create.

We hope these recipes bring a little of our centre kitchen magic into your home, nourishing your family with the same care and love we show every day in ours.

From all of us at Affinity Education, happy cooking, and happy Spring!

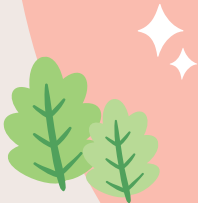
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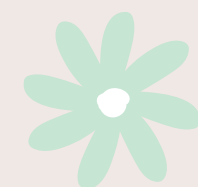
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Banana Chia Coconut Muffins



Serves:

12 muffins

Ingredients

2 ripe bananas, mashed	1/3 cup desiccated coconut
1 cup wholemeal self-raising flour	1 tsp vanilla extract
1 tbsp chia seeds	1/4 cup olive oil
1/4 cup raw sugar	1/4 cup water

Method

1. Preheat oven to 180°C and line a 12-hole muffin tray.
2. In a bowl, whisk together oil, sugar, banana, chia seeds, water and vanilla.
3. Add flour and coconut, stirring until just combined.
4. Spoon mixture evenly into muffin cases.
5. Bake for 15-20 minutes or until golden and a skewer inserted in the centre comes out clean.
6. Cool on a wire rack before serving.

Hollie's Blueberry Chia Jam & Seed Crumble



Serves:

6

Ingredients

- | | |
|--------------------------------------|---|
| 2 cups frozen blueberries | 1/4 cup mixed seeds (pepitas, sunflower, flax, linseed) |
| 1 tbsp chia seeds | |
| 1/4 cup pear nectar (or apple juice) | 1 tbsp butter or coconut oil |
| 1 tsp vanilla extract | 1 tbsp maple syrup |
| 1 cup rolled oats | |

Method

1. In a small saucepan, cook blueberries and juice on medium heat until soft (about 5-7 minutes).
2. Blend or mash lightly, then stir in chia and vanilla. Set aside for at least 30 minutes to thicken.
3. Combine oats, seeds, melted butter and maple syrup. Spread on a tray and bake at 180°C for 10-15 minutes, stirring halfway.
4. Serve yoghurt in a bowl topped with warm blueberry jam and crunchy crumble.

Blueberries are bursting with antioxidants, great for boosting energy and supporting little immune systems!





Apple Pie Bread



Ingredients

- | | |
|--------------------------------------|-----------------------|
| 2 green apples, peeled and diced | 2 eggs |
| 1/2 cup wholemeal self-raising flour | 1/4 cup olive oil |
| 1/2 tsp cinnamon | 1/2 cup milk |
| 1/4 cup brown sugar | 2 tbsp maple syrup |
| | 1 tsp vanilla extract |

This recipe makes one loaf – perfect for slicing and sharing!



Method

1. Preheat oven to 180°C and line a loaf tin.
2. Toss diced apples with cinnamon and brown sugar.
3. In a large bowl, whisk eggs, oil, milk, maple syrup, and vanilla.
4. Fold in flour, then stir through half the apple mixture.
5. Pour into tin, sprinkle remaining apples on top, and bake for 40–45 minutes or until golden.

Coconut Mango Bread



Makes:

1 large loaf

Ingredients

1 large ripe mango, diced	1/2 cup desiccated coconut
1 1/2 cup self-raising flour	1/2 cup mango nectar or juice
1 1/2 cup wholemeal self-raising flour	1/4 cup raw sugar
1 tbsp chia seeds	1/4 cup olive oil

Method

1. Preheat oven to 180°C and line a loaf tin.
2. Blend mango, nectar, oil, and sugar until smooth.
3. Stir in flours, chia seeds, and coconut until just combined.
4. Pour into tin and bake for 40-45 minutes or until golden and firm.

Sweet, juicy mangoes are in season! Rich in vitamin C and beta-carotene, they're perfect for sunny Spring days.





Vegan Cherry Choc Sponge



Serves:

8

Ingredients

- | | |
|--------------------------------------|----------------------------------|
| 1 large banana, mashed | 1 tbsp cocoa powder |
| 1 cup self-raising flour | 1/2 cup frozen cherries (halved) |
| 1/2 cup wholemeal self-raising flour | 1/4 cup olive oil |
| 1/4 cup raw sugar | 1/4 cup water |

Method

1. Preheat oven to 180°C and line a small baking dish.
2. In a bowl, whisk banana, oil, sugar and water until smooth.
3. Stir in flours, cocoa, and cherries.
4. Pour into tin and bake for 20-25 minutes, or until cooked through.

Cornflake Cookies



Makes:

20

Ingredients

2 cups cornflakes, lightly crushed

1 cup wholemeal self-raising flour

2 tbsp pepitas

1 tbsp flaxseed meal

1/4 cup honey

1/4 cup olive oil

2 tbsp raw sugar

Method

1. Preheat oven to 170°C and line a tray with baking paper.
2. Combine all ingredients in a bowl, mixing well.
3. Spoon small mounds onto the tray and flatten slightly.
4. Bake for 12-15 minutes or until golden.





Ginger & Carrot Cookies



Makes:

20

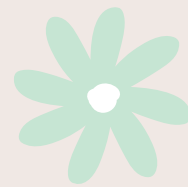
Ingredients

1 large carrot, finely grated	1/2 tsp ground ginger
1 cup self-raising flour	2 tbsp golden syrup
1 cup wholemeal self-raising flour	1/4 cup olive oil
1/2 tsp cinnamon	2 tbsp water
	1 tbsp flaxseed meal

Method

1. Preheat oven to 180°C and line a baking tray.
2. Mix flaxseed with water and set aside for 10 minutes.
3. Combine all ingredients to form a soft dough.
4. Roll out between baking paper to 5mm thickness, cut shapes, and bake for 12-15 minutes.

Banana Peach Bread



Makes:

1 loaf

Ingredients

2 bananas, mashed	1/4 cup sugar
1 cup diced tinned peaches (drained)	1/4 cup olive oil
2 cups self-raising flour	1/2 cup water

Juicy peaches add a natural sweetness, perfect for little tastebuds discovering fruity flavours.



Method

1. Preheat oven to 180°C and line a loaf tin.
2. Mix banana, oil, sugar, and water until smooth.
3. Stir in flour and peaches.
4. Pour into tin and bake for 40 minutes or until golden.



Margherita Pita Pizzas



Serves:

4

Ingredients

4 wholemeal pita breads	1/4 tsp oregano
1/2 cup passata	1/2 tin butter beans, mashed
1/2 cup grated cheese (mozzarella or tasty)	1 tsp olive oil
1 tomato, diced	

Method

1. Preheat oven to 200°C.
2. Mix butter beans with olive oil to make a smooth paste.
3. Spread bean paste and passata over pita bases.
4. Top with tomato, cheese and oregano.
5. Bake for 8-10 minutes or until cheese is bubbly.





Oat, Coconut & Chia Cookies



Makes:

20

Ingredients

1 cup rolled oats	1 tbsp honey or golden syrup
1/4 cup self-raising flour	2 tbsp olive oil
1 tbsp chia seeds	1 egg
1/4 cup desiccated coconut	

Method

1. Preheat oven to 180°C and line a baking tray.
2. Mix all ingredients together until combined.
3. Roll into balls, flatten slightly, and place on tray.
4. Bake for 10-12 minutes until golden.

Lemon Ginger Chicken



Serves:

4-6

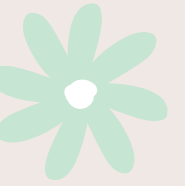
Ingredients

500g chicken thigh, diced	1 tbsp flaxseed meal
1 onion, finely chopped	2 tbsp lemon juice
1 carrot, sliced	2 tsp sugar or honey
1 cup broccoli florets	1 tbsp vinegar
1/2 cup baby corn	1 1/2 cups cooked brown rice
1 tbsp fresh ginger, grated	1 tbsp olive oil
2 tbsp soy sauce (reduced salt)	
1 tbsp cornflour	

Method

1. Heat oil in a large pan and sauté onion and chicken until lightly browned.
2. In a jug, whisk together lemon juice, soy sauce, cornflour, flaxseed, sugar, vinegar, and ginger with 1 cup water.
3. Add sauce to pan and simmer until thickened and chicken is cooked through.
4. Steam or lightly cook vegetables, then stir through the sauce mixture.
5. Serve over warm brown rice.





Beef Bulgogi Rice Bowls

Serves:

4

Ingredients

500g lean beef mince

2 garlic cloves, crushed

1 tsp grated ginger

1 tbsp brown sugar

2 tbsp soy sauce

1 apple, grated

1 cup mixed vegetables

2 cups cooked white or brown rice

1 tsp sesame seeds

Method

1. In a bowl, combine beef, garlic, ginger, sugar, soy sauce, and grated apple. Marinate for 15 minutes.
2. Heat a frying pan and cook beef until browned.
3. Stir through vegetables and cook until tender.
4. Serve on top of rice and sprinkle with sesame seeds.

Coconut Poached Fish with Pineapple Fried Rice



Serves:

4-6

Ingredients

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|--|--|
| 600g white fish fillets (basa or snapper), cut into chunks | 1/2 cup pineapple chunks (fresh or tinned) |
| 1 cup light coconut milk | 1 cup mixed vegetables |
| 1/2 tsp red curry paste | 2 eggs, lightly beaten |
| 1 tbsp lime juice | 1 tbsp soy sauce |
| 1 tsp brown sugar | 1 tbsp olive oil |
| 2 cups cooked brown rice | |

Method

1. In a small saucepan, heat coconut milk, curry paste, lime juice, and sugar until warm.
2. Add fish pieces and gently simmer for 5-7 minutes, until just cooked through.
3. In a frying pan, scramble eggs and set aside.
4. Add oil, vegetables, pineapple, soy sauce, and cooked rice to the pan and stir-fry for 3-4 minutes.
5. Return egg to the pan and stir through.
6. Serve fish over the pineapple fried rice.

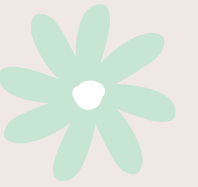


Pineapples are naturally sweet and high in vitamin C, perfect for supporting your family's immune health.





Pesto Chicken Lasagne



Serves:

6

Ingredients

400g chicken breast, cooked and sliced

1 1/2 cups milk

2 tbsp cornflour

1/2 cup ricotta cheese

1/2 cup grated mozzarella

1/4 cup grated parmesan

2 tbsp basil pesto

2 cups baby spinach leaves

1 cup passata

6 wholemeal lasagne sheets

1 tsp olive oil

Method

1. Preheat oven to 180°C.
2. In a saucepan, whisk milk and cornflour over medium heat until thickened.
3. Remove from heat and stir in pesto, ricotta, and half the parmesan.
4. In a baking dish, layer passata, lasagne sheets, chicken, sauce, spinach, and mozzarella.
5. Repeat layers, finishing with sauce and cheese.
6. Bake for 30–35 minutes or until golden and bubbling.
7. Serve.

Hollie’s Veggie-Packed Pasta Bake



Serves:

6

Ingredients

- | | |
|---------------------------------------|-------------------------------|
| 2 cups short pasta (penne or spirals) | 1 tbsp tomato paste |
| 1 carrot, grated | 1/2 cup grated cheddar cheese |
| 1 zucchini, grated | 2 tbsp parmesan cheese |
| 1/2 cup broccoli, chopped | 2 tbsp breadcrumbs |
| 1 cup passata | 1 tsp olive oil |

Method

1. Preheat oven to 200°C.
2. Cook pasta according to packet instructions.
3. In a pan, sauté vegetables until soft, then add passata and tomato paste. Simmer for 10 minutes.
4. Stir pasta through sauce and pour into a baking dish.
5. Top with cheese and breadcrumbs, drizzle with oil, and bake for 15-20 minutes.
6. Serve.





Mango Chicken Curry



Serves:

4-6

Ingredients

- | | |
|-------------------------------------|--------------------------|
| 500g chicken thigh, diced | 1 small potato, diced |
| 1 small onion, diced | 1 tsp mild curry powder |
| 1 cup mango cubes (fresh or frozen) | 1/2 tsp turmeric |
| 1/2 cup coconut cream | 1/2 tsp ground coriander |
| 1/2 cup mango nectar or juice | 1 cup cooked brown rice |
| 1 small carrot, diced | 1 tsp olive oil |

Method

1. Heat oil in a large pan and sauté onion and chicken until browned.
2. Add spices and cook for 1 minute.
3. Stir in mango, nectar, coconut cream, and vegetables.
4. Simmer for 15-20 minutes, until chicken and vegetables are tender.
5. Serve with rice and a sprinkle of fresh coriander if desired.



Mangoes are rich in vitamin A and fibre, and they add a natural sweetness kids love.

Lamb Moussaka Risoni Bake



Serves:

4-6

Ingredients

400g lamb mince	1 tsp cinnamon
1 eggplant, sliced and roasted	2 tbsp parmesan
1 zucchini, grated	1 cup risoni pasta, cooked
1 tin diced tomatoes	1 cup milk
1 tbsp tomato paste	1 tsp cornflour
1 tsp dried oregano	

Method

1. Preheat oven to 180°C.
2. In a pan, brown lamb mince with onion and garlic.
3. Add zucchini, tomato paste, tomatoes, oregano, and cinnamon. Simmer 10 minutes.
4. Stir in cooked risoni.
5. In a small pan, heat milk and cornflour until thickened, then pour over lamb mixture.
6. Sprinkle with parmesan and bake 20 minutes until golden.
7. Serve.

Spring lamb is tender and full of iron, which is essential for growing bodies.





Gnocchi in Cheesy Tomato Sauce



Serves:

4

Ingredients

500g gnocchi

1 tin diced tomatoes

1/2 cup mixed vegetables,
chopped

1 garlic clove, crushed

1/4 cup cream

1/2 cup grated cheddar

1 tbsp parmesan

1 tsp olive oil

Method

1. Boil gnocchi according to packet instructions, then drain.
2. Heat oil in a pan and sauté garlic and vegetables.
3. Add tomatoes and simmer for 10 minutes.
4. Stir in cream and cheeses until melted.
5. Add gnocchi and toss to coat.
6. Serve.

Lebanese Beef Meatballs with Pita Bread



Serves:

4-6

Ingredients

500g lean beef mince	1 tbsp plain flour
2 tbsp chopped parsley	1 tsp salt
1 tsp ground cumin	1/2 cup Greek yoghurt
1/2 tsp ground coriander	1/4 cucumber, grated
1/2 tsp cinnamon	1/2 lemon, juiced
1 clove garlic, minced	2 wholemeal pita breads

Method

1. Preheat oven to 180°C.
2. Combine mince, herbs, spices, garlic, flour, and salt. Form into small meatballs.
3. Place on a tray and bake for 20-25 minutes until cooked through.
4. Mix yoghurt, cucumber, and lemon juice for a quick tzatziki sauce.
5. Serve meatballs with pita bread, lettuce, and tomato.





Creamy Salmon Linguine



Serves:

4

Ingredients

250g wholemeal linguine or spaghetti

1 small onion, finely chopped

1 garlic clove, minced

1 cup frozen mixed vegetables

1 small can (210g) pink salmon, drained

1/2 cup milk

1/4 cup cream

1 tbsp cream cheese

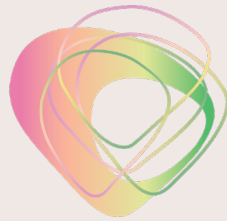
1/4 cup grated parmesan

1 tsp olive oil

Lemon zest and dill (optional)

Method

1. Cook pasta according to packet instructions.
2. In a pan, heat oil and sauté onion and garlic until soft.
3. Add vegetables and cook for 5 minutes.
4. Stir in milk, cream, and cream cheese, and simmer until thickened.
5. Gently stir in salmon and pasta, then sprinkle with parmesan, dill and lemon zest.
6. Serve.



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