

INFOSHEET



This information sheet is for educational purposes only.

For further information regarding this topic, please contact the Dietetics team on .

OA/TOF Information sheet

High energy and high protein recipes for OA/TOF children 6 months or older

Beef casserole

Ingredients:

- 3 tablespoons of olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 600g beef, diced
- 1 carrot, peeled and diced
- 400g tinned tomatoes
- 1 cup beef stock
- Paprika or other preferred herbs / spices

Method:

1. Heat oil in large frying pan.
2. Add onion, garlic and beef. Cook until just browned.
3. Add remaining ingredients and simmer on a low heat, for 1-2 hours.
4. Puree with stick blender or food processor to create desired consistency.
5. Serve with mashed potato or sweet potato. You can add 1-2 tsp of oil to your child's portion to give additional energy, if they need it for growth.
6. Keep in the refrigerator for up to 3 days or freeze for up to 3 months.

Chicken curry

Ingredients:

- 1 tablespoon of vegetable oil
- 1/4 cup mild green curry paste
- 4 chicken thigh fillets, chopped
- 2 potatoes or 1 sweet potato, peeled and chopped into small cubes
- 400 ml can coconut cream
- Paprika or other preferred herbs / spices

Method:

1. Heat oil in large frying pan and add green curry paste. Cook for 1 minute or until fragrant.
2. Add chicken and cook for 10 minutes (or until evenly browned). Add potato and stir to combine.
3. Stir in coconut cream and bring to the boil. Simmer for 20 minutes.
4. Puree with a stick blender or in a food processor until desired consistency. You can add 1-2 tsp of oil to your child's portion to give additional energy, if they need it for growth.
5. Keep in the refrigerator for up to 3 days or freeze for up to 3 months for an easy future meal.



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Lamb, quinoa and veggie dinner (serves 12)

Ingredients:

- 2 tbsp. extra virgin olive oil
- 1/2 brown onion, finely sliced
- 300g lamb (or lentils/beef/chicken), diced into small chunks
- 1 cup sweet potato, diced
- 3 button mushrooms, peeled, chopped
- 1 parsnip, peeled, chopped
- 2 cups salt reduced vegetable stock
- 2 zucchinis, sliced
- 1/2 cup green peas
- 1/2 cup broccoli florets
- 1 small tin creamed corn
- 1 cup cooked quinoa (or brown rice)
- 1 tablespoon chia seeds (optional)

Method:

1. Heat the oil over medium heat in a large saucepan. Sauté the onions until clear. Add the chopped lamb and cook through.
2. Add the sweet potato, parsnip, mushrooms and stock, cover and leave to simmer for 5 minutes or until sweet potato is soft. Add the zucchini, broccoli, corn and peas, cook for a further 5 minutes or until the veggies are tender.
3. Blend until you have desired consistency, add the quinoa or brown rice, and chia seeds. Stir to combine.
4. Serve immediately. You can add 1-2 tsp of oil to your child's portion to give additional energy, if they need it for growth.
5. Keep leftovers in the refrigerator for up to 3 days or freeze for up to 3 months for an easy future meal.

Veggie salmon mash (makes 1 cup)

Ingredients:

- 1 medium potato, diced
- 1/2 cup sweet potato, diced
- 2 tbsp. frozen baby peas
- 1/2 cup broccoli florets
- 100g fresh salmon fillet (or tinned)
- 3 tablespoons milk
- 2 tablespoons ricotta or grated cheese

Method:

1. Place potato and sweet potato in a saucepan, cover with water and bring to the boil. Reduce the heat and simmer for 5 minutes. Add in the peas and simmer for another 5 minutes or until the potato and sweet potato are soft. Drain and set aside.
2. Steam the broccoli florets for 3-4 minutes or until soft.
3. Poach the salmon in small saucepan of water for 2-3 minutes. The salmon should flake easily and be cooked through. (Omit this step if using tinned salmon).
4. Combine the potato, sweet potato, broccoli and peas in a bowl. Add in the milk and mash together. Flake through the salmon, stir in the ricotta or cheese. Puree together for a smoother consistency.
5. Serve immediately. You can add 1-2 tsp of oil to your child's portion to give additional energy, if they need it for growth.
6. Keep leftovers in the refrigerator for up to 3 days, or freeze for up to 3 months for an easy future meal.

Cheesy beans

Ingredients:

- 200 g can baked beans
- 1/4 cup cheddar cheese, grated

Method:

1. Heat baked beans in a frypan or microwave until warmed through.
2. Stir through grated cheese until it melts.
3. Puree with a food processor until smooth or mash with a fork until desired texture.
4. Keep in the refrigerator for up to 3 days.

See our Factsheets

More information on OA/TOF dietary guidelines and support can be found in our [online Factsheets](#).

- [Eating and drinking considerations for OA/TOD children 1 year and older](#)
- [Extra nutrition support for OA/TOF children 6 months and older](#)