



Did you know?

Mice actually don't like cheese. Given the choice, they prefer sweets and carbs!

Sure, they'll eat cheese if it's the only thing going, but they don't particularly love it.

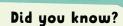
Counting carrots

Zebra is peeling carrots but some are missing! Can you find the 7 missing carrots?

Make sure you check both sides of the sheet!



Colour these in!



Some foods we think of as vegetables are actually fruit as they contain seeds –tomatoes, peppers and aubergine are all fruit!



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1 small onion, peeled

1 small leek, trimmed and thinly sliced

1/2 stick celery, diced

1/2 small red pepper, deseeded and diced

1 small carrot, peeled and grated

50g mushrooms, diced

1/2 apple, peeled, cored and grated

1 clove garlic. peeled and crushed

1 x 400g tin chopped tomatoes

450g minced beef

4 tbsp tomato purée

2 tbsp ketchup

250ml beef stock

1/2 tsp dried oregano

1 tbsp grated Parmesan

small handful of fresh basil leaves

Why not try this delicious recipe at home?

VROOM VROOM VEGGIE-PACKED BOLOGNESE

After a busy day, this is the perfect way to recharge your batteries. Plus, it's packed with lots of good-for-vou veggies. Get. Set. Go!

1Place the oil in a large frying pan over a medium heat. Add the vegetables and apple and fry for 10 minutes until soft. Stir in the garlic and fry for 10 seconds.

2 Transfer to a blender, add the chopped tomatoes and whizz until smooth. Set aside.

3 Add the mince to the frying pan and place over a medium-high heat. Fry for 4 minutes, breaking the mince up with a wooden spoon. until browned (you may need to do this in batches).

4 Place the tomato and vegetable sauce in the pan with the mince, then add the tomato purée, ketchup, stock and oregano. Bring to a simmer and cook for 40-45 minutes, until the sauce is thick. Season to taste with salt and pepper.

5 Serve with spaghetti and a sprinkling of Parmesan and fresh basil leaves.







Did you know?

You can beat flavours into butter! Try adding a little chopped garlic and parsley, or another herb. Or try grated Parmesan, basil and sundried tomato.



Which of the fruits in the circles is *NOT* in the picture below?







a Micro Ride on Air Hopper plus a copy of Annabel Karmel's

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