



RECIPE IDEAS
FOR PRIMARY SCHOOL AND HOME MEALS



World Food
Programme

wfp.org

This recipe book provides creative ideas for cooks in WFP and CRS-supported schools. The recipes do not have to be followed exactly, but are rather suggestions on how to use locally available products.

RECIPE IDEAS FOR PRIMARY SCHOOL AND HOME MEALS

Vientiane

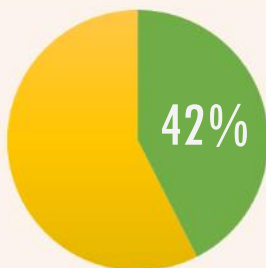
2017



CONTENTS

Rice Soup	<i>Khao Piak</i>	6
Fish Soup	<i>Kaeng Pa</i>	8
Bamboo Soup	<i>Kaeng Normai</i>	10
Fried Rice	<i>Kua Khao Chao</i>	12
Fried Cabbage with Pork	<i>Kuak Pak Kalam Sai Sinmoo</i>	14
Rice with Vegetables on Top	<i>Khao Ladna</i>	16
Eggplant Mix	<i>Pon Pa</i>	18
Vegetables with Fish and Sesame	<i>Soup Phak Sai Pa</i>	20
Fish in Banana Leaf	<i>Mok Pa</i>	22
Papaya Salad	<i>Tom Mak Houng</i>	24
Lentil Pancakes	<i>Maktua Phaen</i>	26
Coconut Dumplings	<i>Khaonom Naeb</i>	28

RICE SOUP* KHAO PIAK*



KCAL
785



Ingredients:

500 g



4 l



175-200 g



400 g



200 g



100 g



2-3



50 g



300 g



10 g



Nutritional info:

Protein	31.4
Fat	21.5
Calcium	97
Iron	9.1
Vitamin A	1,101
Vitamin C	26

* For explanation note, please see page 30.

KHAO PIAK



1



Add meat, garlic, pumpkin, lentils and rice, cook for 30 min

2



Add egg and cook for 10 min

3



Add spring onions and mix

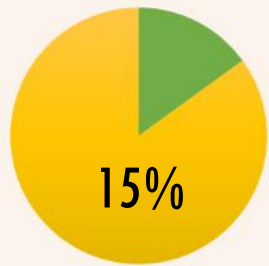


4



Stir for 5 min

FISH SOUP KAENG PA



KCAL
278



Ingredients:



Nutritional info:

Protein	34.9
Fat	11.5
Calcium	181
Iron	4.1
Vitamin A	959
Vitamin C	62

KAENG PA



1



Add vegetables to boiling pot

2



Add fish and padek

3



Boil for 20 minutes, then add greens

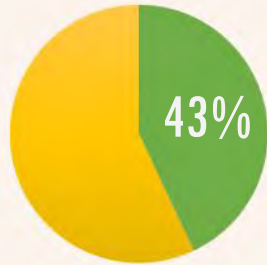


4



Stir and serve

BAMBOO SOUP KAENG NORMAI



KCAL
797



Ingredients:

500 g



2 l



175-200 g



100 g



200 g



200 g



200 g



80 g



300 g



30 g



Nutritional info:

Protein	35.9
Fat	12.7
Calcium	118
Iron	11.8
Vitamin A	320
Vitamin C	37

KAENG NORMAI



Crush morning glory into concentrated sauce



Add ingredients



Crush chili and rice into a mix



Add mushroom and greens

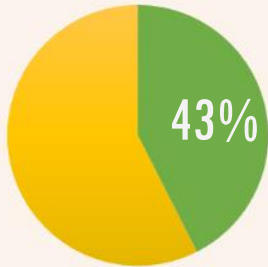


Add rice and chili mix and cook for 15 min



FRIED RICE

KUA KHAO CHAO



KCAL
788



Ingredients:



Nutritional info:

Protein	32.3
Fat	22.6
Calcium	116
Iron	10.0
Vitamin A	1,114
Vitamin C	50

KUA KHAO CHAO



1



Cook lentils and rice for 30 min

2



Add 2 eggs to a hot pan with oil

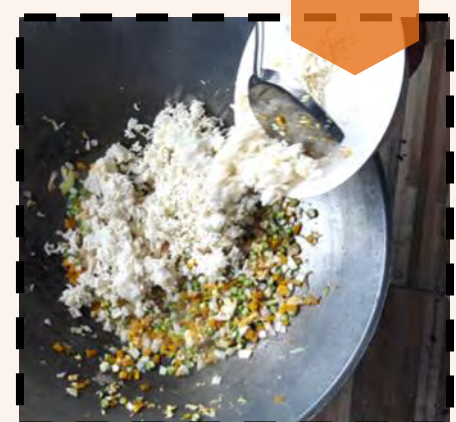
3



Add meat and vegetables to the pan



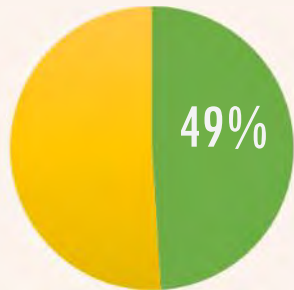
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Add cooked rice and lentils, cook for 10 min

FRIED CABBAGE WITH PORK

KUAK PAK KALAM SAI SINMOO



KCAL
912



Ingredients:

500 g



3 l



175-200 g



150 g



100 g



200 g



500 g



50 g



300 g



20 g



Nutritional info:

Protein	27.8
Fat	35.2
Calcium	242
Iron	9.6
Vitamin A	795
Vitamin C	51

KUAK PAK



1



Cook lentils and rice for 30 min

2



Cut vegetables

3

Add garlic, tomato, meat, and vegetables to a separate pan



5



Mix and cook for 30 min

4

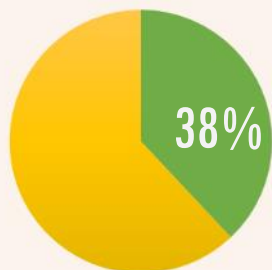


Add bamboo and spring onions



RICE WITH VEGETABLES ON TOP

KHAO LADNA



KCAL
708



Ingredients:

- | | | | |
|-----------|--|-------|--|
| 500 g | | 2.5 l | |
| 175-200 g | | 150 g | |
| 200 g | | 300 g | |
| 200 g | | 50 g | |
| 100 g | | 20 g | |

Nutritional info:

Protein	25.9
Fat	15.1
Calcium	140
Iron	9.8
Vitamin A	1,201
Vitamin C	79

KHAO LADNA



1
Cook rice and lentils for 30 min



2
Add 2 eggs into pan with oil



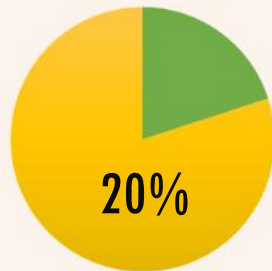
3
Add meat and vegetables



4
Add rice, mix and cook for 10 min

EGGLANT MIX

PON PA



KCAL
357



Ingredients:

500 g		2 l	
300 g		300 g	
3-5		150 g	
2-3		50 g	
100 g		20 g	

Nutritional info:

Protein	31.1
Fat	4
Calcium	343
Iron	9.7
Vitamin A	1,174
Vitamin C	96



1



Grill chili and onion

2



Crush chili

3

Cook eggplant and fish for 15 min



5



Add greens and stir

4

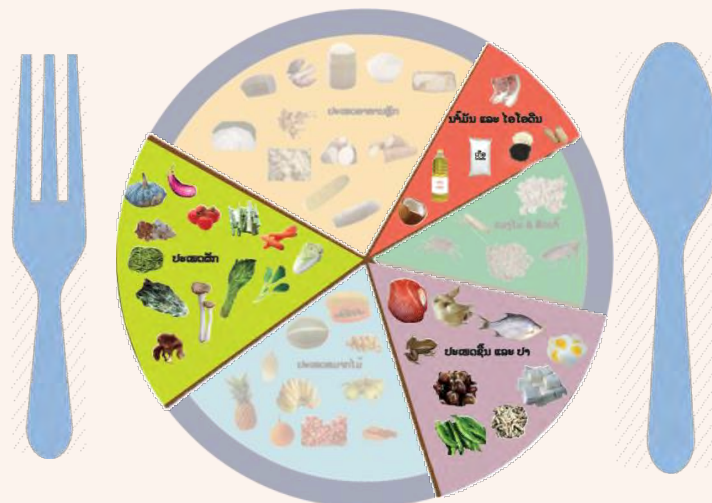
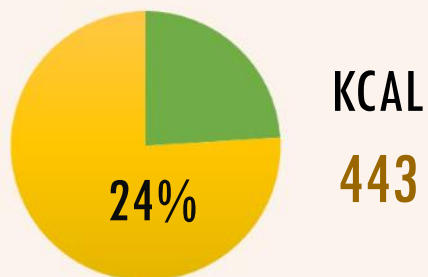


Add fish and eggplant



VEGETABLES WITH FISH AND SESAME

SOUK PHAK SAI PA



Ingredients:



Nutritional info:

Protein	33.6
Fat	14.7
Calcium	340
Iron	12
Vitamin A	2,022
Vitamin C	99

SOUK PHAK



1



Wash and sort vegetables

2



Cook sesame in oil for 5 min

3



Add sesame and fish to pan

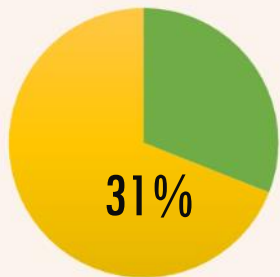
4



Mix and cook for 5 min

FISH IN BANANA LEAF

MOK PA



KCAL
574



Ingredients:



Nutritional info:

Protein	35.9
Fat	6.3
Calcium	412
Iron	12.1
Vitamin A	1,677
Vitamin C	102

MOK PA

5



Fold fish into a packet

6



Steam for 40 min

4



Mix for 5 min

3



Add eggplant
and fish

2



Add vegetables

1



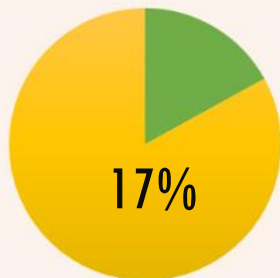
Crush garlic and rice



2



PAPAYA SALAD TOM MAK HOUNG



KCAL
322



Ingredients:



Nutritional info:

Protein	24.8
Fat	12.1
Calcium	643
Iron	10.5
Vitamin A	2,414
Vitamin C	165

TOM MAK HOUNG



1 Skin and cut vegetables



2 Add vegetables to bowl

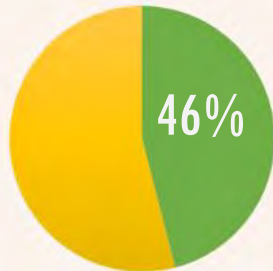


3 Crush and mix ingredients



4 Squeeze lemon

LENTIL PANCAKES MAKTUA PHAEN



KCAL
843



Ingredients:



Nutritional info:

Protein	29.1
Fat	31.8
Calcium	164
Iron	11.1
Vitamin A	1,558
Vitamin C	10

MAKTUA PHAEN



1



Take lentils, that were soaked overnight

2



Crush lentils, add pumpkin, flour, water to make batter

3



Form pancakes



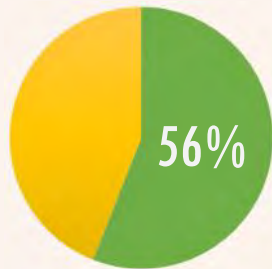
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Cook pancakes in oil for 10 min

COCONUT DUMPLINGS

KHAONOM NAEB



KCAL
1,037



Ingredients:



Nutritional info:

Protein	32.7
Fat	35.7
Calcium	283
Iron	11.3
Vitamin A	904
Vitamin C	7

INFORMATION NOTE

Approximate **time needed** to prepare a meal.

The **percentage of daily food intake** that this meal provides for a primary school student.

Daily food plate shows **6 food groups** and the proportions of food we should eat every day.
The coloured sections of the plate show which food groups this meal contains.

Ingredient quantities needed to prepare a meal for **5 people**.
If not all ingredients are available, use only the ones **locally available** and **adapt it** to your preferences.

Lentils should always be **soaked overnight** before use, if possible.

Ingredients:

500 g		4 l	
175-200 g		400 g	
200 g		100 g	
2-3		50 g	
300 g		10 g	

Nutritional info:

Protein	31.4
Fat	21.5
Calcium	97
Iron	9.1
Vitamin A	1,101
Vitamin C	26

The colours signify how much of a **specific nutrient** this meal provides.

For example, if calcium is yellow or red, try to eat more food with calcium that day.







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World Food Programme



European Union



From the People of Japan