



Holiday Inn



with
leesamantha

**Kids stay & eat
FREE**

Holiday Inn is on a mission to make food both fun and nutritious so we created these how-to guides to encourage parents and kids to be creative with food. Your kids can also enjoy our delicious new Kids Menu at Holiday Inn Hotels & Resorts around Asia, Middle East and Africa, designed in partnership with Nutrition Australia, so you can rest assured that your kids are eating well when you stay with us.

PITTAFISH

(VEGGIE PITTA BURGER)

Difficulty level:
Going swimmingly

INGREDIENTS

Fish's body

- Veggie Patties (made of extra virgin olive oil, onion, cumin, flour, curry paste, carrot, butterbeans, water, egg and breadcrumbs)
- Mini wholemeal pitta bread, 12cm diameter
- Iceberg lettuce, shredded
- Reduced fat cheese, grated
- Tomato, diced

The seabed

- Potato wedges (made of potato, rosemary and olive oil)

Inside the fish's body or served at the side

- Yogurt Sauce: Reduced fat Greek yoghurt, water, chives

Seaweed and coral

- Green leaves to serve

ADDITIONAL INGREDIENTS

Eyes and tail

- Zucchini or cucumber

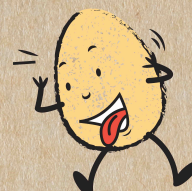
Mouth

- Carrot

Original Recipes Created in Partnership with Nutrition Australia.
www.nutritionaustralia.org.

Kids should be fully supervised by an adult at all times in the kitchen and should never handle anything hot or use any sharp instruments.

Find more exciting dishes on our Kids Eat Free menu at all Holiday Inn® Hotels and Resorts: www.holidayinn.com



STEP 1

Gently halve and place a mini wholemeal pita bread on your plate – this is your fish's body.

Now slice your pita down the middle so you can fill it full with your yummiest ingredients – the patty, iceberg lettuce, cheese, and diced tomato.



STEP 2

Cut a tiny round piece of cucumber or zucchini skin and place this atop a slightly bigger piece to create the eye. Place his eye at one end of the pita and a small piece of zucchini at the other to form his tail.

Fashion a piece of carrot into the size and shape you want for his lips and lay these on your plate alongside his eye.



STEP 3

Drizzle the yoghurt sauce, potato wedges, and green leaves below your fish.



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