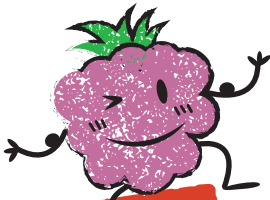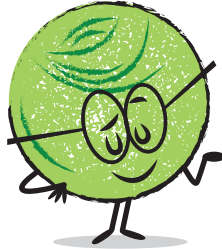# Holiday Inn

FOOD ART

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.

SQUIGGLY SHEEP

(SPAGHETTI BOLOGNESE)

Difficulty level:
Artist in training

INGREDIENTS

The sheep's woolly body
• Wholemeal spaghetti, cooked

Mixed with the sheep's body and to act as the sheep's field
• Mince (made of brown onion, garlic, minced meat of your choice, carrot, zucchini, celery, capsicum, diced tomato canned, brown lentils and tomato paste)

ADDITIONAL INGREDIENTS

For eyes, ears and legs
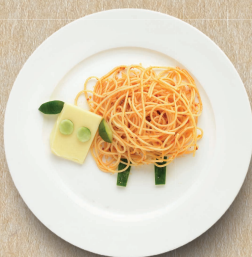• Zucchini

For the face
• Slice of parmesan

STEP 1

Bunch up your cooked spaghetti to form a loose mound in the middle of your plate to create the sheep's woolly body, slightly to the right.

STEP 2

Place a rectangular slice of parmesan cheese at either the left or right side of his spaghetti body to form the face.

STEP 3

Carefully cut round pieces of zucchini for your sheep's big eyes. Lay two of these on the cheesy face and two shorter pieces to the top left and right corners of his face for his ears.

Create his legs with thin strips of zucchini, tucking these under your sheep's body.

STEP 4

Give your sheep big brown eyes by placing a lentil in the middle of each of his eyes. Place the mince sauce and sprinkle grated parmesan cheese along the bottom of your plate, giving your sheep a field to play in. Give him a healthy parsley snack to munch on! Baaahh!

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