

allergy friendly **COOKBOOK** *for kids*

ALLERGY FRIENDLY RECIPES
13



Healthy
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Inclusive cooking for allergy week

Food brings us together but for many families navigating food allergies, it can also be a source of stress. That's why, in recognition of Allergy Week, HEAS has created this special cookbook: a collection of nutritious, kid-friendly recipes designed with inclusivity in mind.

Each recipe in this book is free from many of the most common allergens, making mealtimes safer and simpler for families across Australia. Whether you're managing allergies at home or catering for a broader group at school or care settings, these dishes are easy to prepare, balanced, and made to be enjoyed by everyone at the table.

We hope this resource helps take some of the guesswork out of cooking and inspires confidence in creating meals that are both nourishing and allergy aware.

For more resources and recipes, visit:
www.heas.health.vic.gov.au

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Using this book

Use the guide below to check which recipes are suitable for your needs based on the allergens they do not contain.

Always read the ingredient labels carefully, even if it is a product you have used before, as ingredients and manufacturing processes can change. If you are preparing food for someone with a food allergy, take extra care to avoid cross-contamination and consult a health professional if needed.

-  **DF** Dairy free
-  **EF** Egg free
-  **NF** Nut free
-  **SF** Soy free
-  **FS** Fish, crustacean & mollusc free

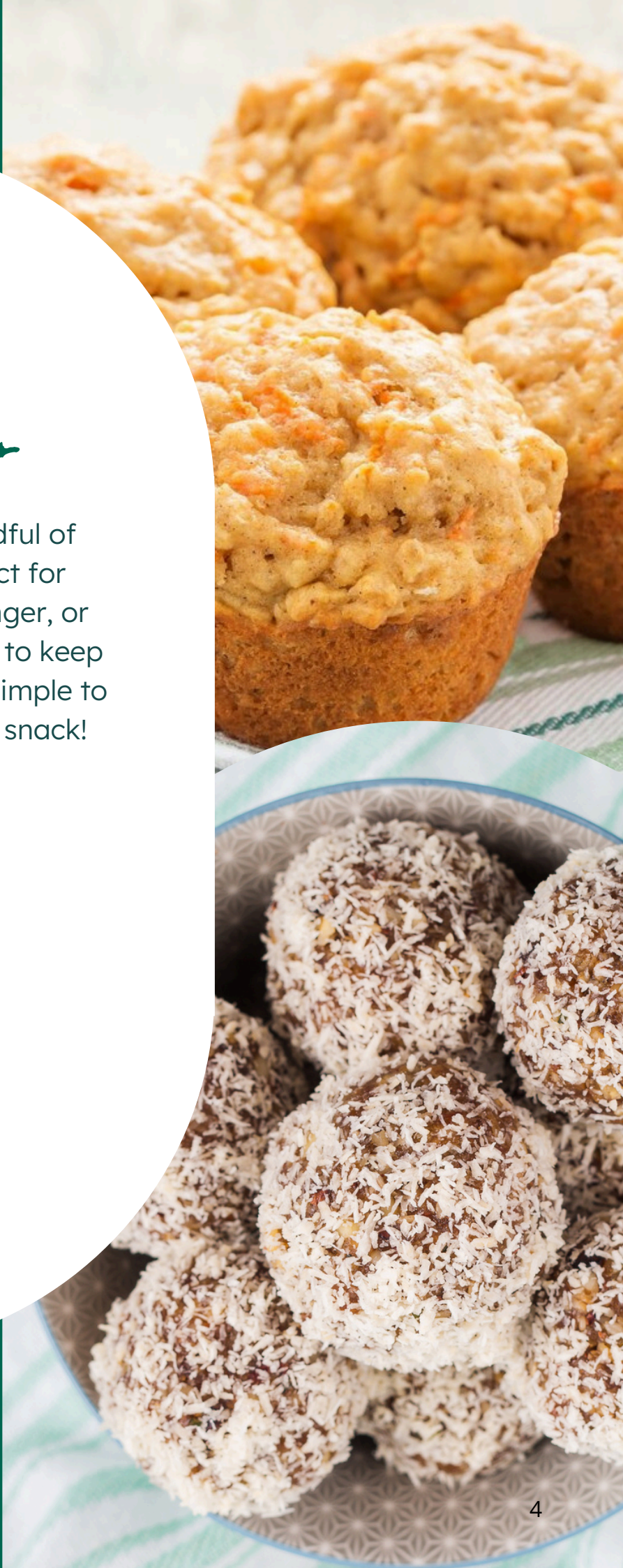
Snacks

This section features a handful of allergy-friendly bites perfect for lunchboxes, after-school hunger, or anytime kids need a little fuel to keep them going. Tasty, safe, and simple to make—everyone's invited to snack!

Bliss balls

Vegetable pikelets

Carrot muffins





Bliss balls

These bliss balls are a more nutritious alternative to lollies and confectionary in school lunch boxes.

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Ingredients

- 2 cups oats
- 2 cups dried dates
- 2 teaspoons cinnamon, ground
- 2 tablespoons honey
- Desiccated coconut (to coat)

Method

1. Process the oats, dates and cinnamon in a food processor.
2. Add the honey and mix with a wooden spoon or spatula to make a sticky consistency.
3. Roll 1 teaspoon of the mixture into balls.
4. Lightly roll each ball in coconut then refrigerate for 30 mins before serving.



For variation, you can replace the dates with another type of dried fruit, such as apricots.

Recipe adapted from 'Go for your life' Canteens Advisory Service, with permission from the Victorian Department of Health and Human Services.



Vegetable pikelets

These tasty pikelets contribute to children's vegetable intake and are a delicious lunchbox filler.

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Ingredients

- 2 tsp egg replacer
- 2 Tbsp water
- 1 tsp parsley flakes (optional)
- ¼ tsp paprika (optional)
- ½ cup gluten free cornflour
- 1 tsp gluten free baking powder
- 2 cups zucchini, grated, drained (or spinach, finely chopped)
- 25g milk free margarine
- 2 Tbsp canola oil

Method

1. In a bowl, whisk together egg replacer, water, parsley (if using), paprika (if using), cornflour and baking powder. Mix in zucchini.
2. Heat margarine and oil in a fry pan. Place tablespoons of mixture into pan and cook both sides until golden. Remove from pan. Place on paper towel lined plate to drain excess oil.



Milk free margarine often contains soy. This should be checked for children who are allergic to soy.



Carrot muffins

These delicious, allergy friendly muffins contribute to children's vegetable intake over the day.

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Ingredients

- 1 ½ cups (150g) gluten free self raising flour
- ½ cup (60g) rice bran or quinoa flakes
- ¼ cup (60g) sugar
- 1 teaspoon cinnamon, ground
- 3 medium (180g) carrots, grated
- 1 medium (150g) apple, grated
- 2 teaspoons egg replacer
- 4 tablespoons water
- 1 cup (250mL) rice milk
- ¼ cup (60mL) canola oil
- 1 teaspoon pure vanilla essence

Method

1. Preheat oven to 200°C. Lightly grease muffin trays or line trays with paper cases.
2. Combine flour and rice bran or quinoa flakes with sugar and cinnamon in a bowl. Stir in grated carrot and apple.
3. Mix egg replacer with water. Add rice milk, oil and vanilla essence.
4. Add egg replacer and milk mixture to flour and sugar mixture and mix until just combined. Do not over mix or the muffins will be tough.
5. Spoon mixture evenly into muffin trays or cases.
6. Bake for 20 to 25 minutes until cooked and brown on top.

Lunch

Lunchtime can be one of the hardest meals to get right when you're avoiding allergens—especially for kids. These simple, tasty ideas are designed to be safe, satisfying, and easy to pack for school or enjoy at home.

Chicken & corn patties

Pork & broccoli slice

Bun Ga Nuong





Chicken & corn patties

These tasty patties provide each child with 1 children's serve of vegetables and make a great sandwich filling

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Ingredients

- 2 medium potatoes
- 300g chicken breast, cooked & shredded
- 2 tsp lemon juice
- 1 tsp egg replacer
- 2 Tbsp water
- 125g corn kernels
- ¼ small onion, diced
- ½ cup gluten free bread crumbs
- Olive or canola oil spray, as required

To serve:

- 6 slices wholemeal gluten free bread
- 3 leaves lettuce
- 1 medium tomato
- ½ small cucumber

Method

1. Preheat oven to 180°C.
2. Peel and chop potato into small pieces. Steam for 20 minutes or until tender.
3. Mash potato and chicken with lemon juice until smooth. Cool in fridge for 30 minutes.
4. Combine egg replacer and water as per instructions on egg replacer package.
5. Combine potato and chicken mixture with the corn, onion, breadcrumbs and egg replacer mixture.
6. Take small handfuls of mixture and roll into balls. Flatten gently to form patties.
7. Line baking tray with non-stick baking paper. Place patties on lined tray.
8. Refrigerate until patties are firm.
9. Spray the patties lightly with olive oil spray.
10. Bake in oven, turning once, for 30 minutes or until golden.
11. Serve with gluten free bread and lettuce, sliced tomato and cucumber (or with cooked vegetables).



Pork & broccoli slice

An allergy friendly lunch which can be prepared in advance to help you save time.

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Ingredients

- 2 medium potatoes or sweet potatoes
- ½ Tbsp olive or canola oil spray
- ¼ small onion, diced
- 300g pork mince
- 1 cup broccoli, diced
- 125g corn
- 2 tsp lemon juice
- 1 tsp egg replacer
- 2 Tbsp water
- ½ cup cooked rice

To serve:

- 6 slices wholemeal gluten free bread
- 3 leaves lettuce
- 1 medium tomato
- ½ small cucumber

Method

1. Preheat oven to 180°C.
2. Peel and chop potato into small pieces. Steam for 20 minutes or until tender.
3. Heat oil in pan. Add onion and pork. Cook, gently stirring, until pork is cooked through.
4. Add broccoli and corn. Gently stir to heat through.
5. Mash potato with lemon juice until smooth.
6. Combine egg replacer and water as per instructions on egg replacer package.
7. Combine potato, pork mixture, rice and egg replacer mixture.
8. Line baking tray with non-stick baking paper.
9. Press potato mixture into baking tray.
10. Bake in oven for 30 minutes or until golden.
11. Serve with gluten free bread and lettuce, sliced tomato and cucumber.



Bun Ga Nuong

Poached chicken, vermicelli noodles and a rainbow of veggies create a colourful and delicious Vietnamese feast!

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Ingredients

- 300g skinless chicken breast
- 180g vermicelli rice noodles
- 1 Tbsp sesame oil
- 1 Tbsp sweet chilli sauce
- 1 Tbsp lime juice
- 2 tsp fish sauce
- 2 tsp water
- 120g (2 whole) carrots, julienned
- 80g (1 whole) Lebanese cucumber, julienned
- 16g (1 whole) red capsicum, julienned
- 90g red cabbage, finely shredded

Method

1. Bring a large saucepan of water to the boil. Reduce heat until lightly simmering and add chicken. Poach for 10 minutes or until just cooked through. Remove from the heat, cover and set aside for 10 minutes to finish cooking. Using tongs, transfer chicken to a cutting board and pat dry with paper towel to remove excess moisture. Use 2 forks to coarsely shred the chicken.
2. Meanwhile, in a large heatproof bowl, add noodles and cover with boiling water. Stand for 5 minutes or until noodles are tender. Drain and rinse under cold running water. Drain well.
3. To make the dressing, in a bowl, whisk sesame oil, sweet chilli sauce, lime juice, fish sauce and water until combined.
4. In a large bowl, add carrot, cucumber, capsicum, cabbage, shredded chicken, noodles and dressing and toss to combine. Serve salad in bowls or serving trays.



If you have fresh mint in your garden, finely chop some and stir through at the end!

Dinner

Dinner is a great time to bring the family together—no separate meals needed. These allergy-friendly recipes are made to be shared, with hearty, wholesome ingredients that everyone can enjoy. Simple, nourishing, and full of flavour, they make allergy-aware cooking easy.

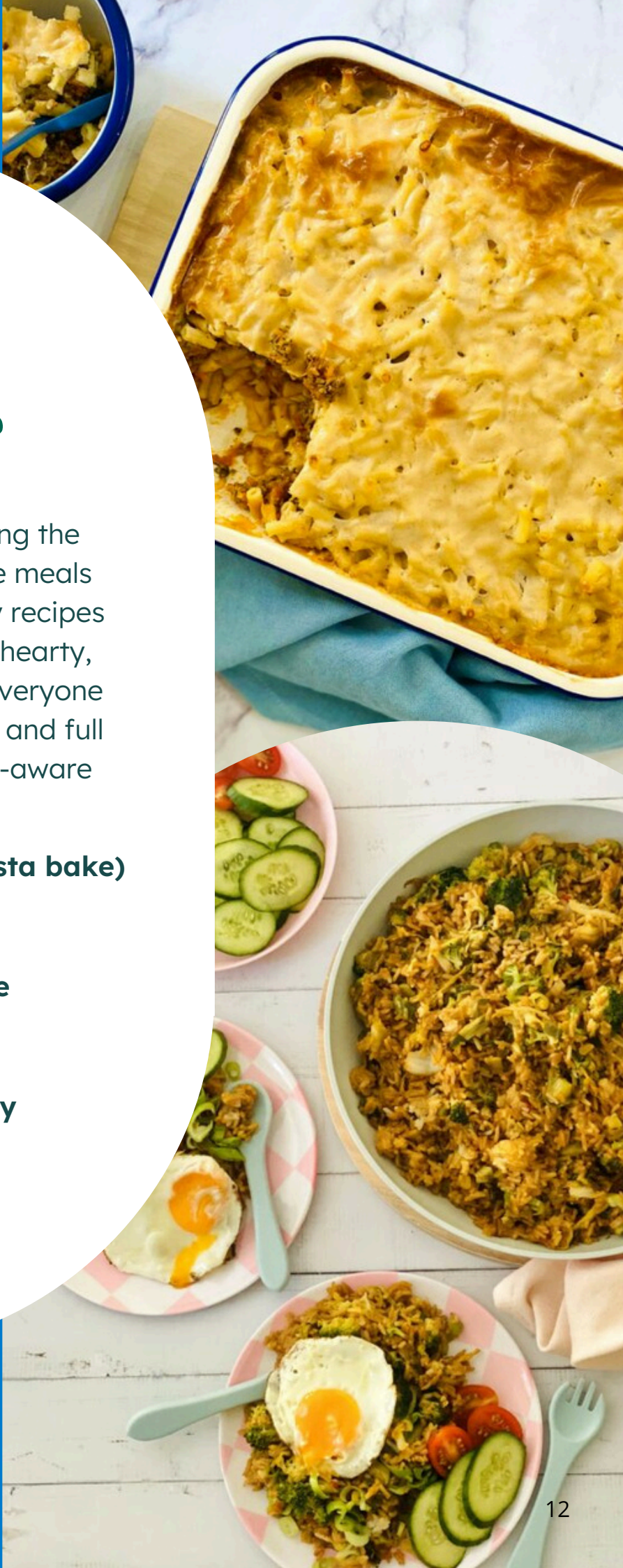
Magarina firinda (Cypriot pasta bake)

Malaysian fish curry

Chilli con carne & rice

Nasi goreng

Beef & broccoli stir-fry



Magarina firinda

Make mealtime magic with this easy-to-make Cypriot beef pasta bake that's both kid and allergy-friendly

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Ingredients

- 180g gluten free macaroni or elbow pasta
- 1 spray olive oil spray
- 90g ($\frac{3}{4}$) brown onion, grated
- 300g lean beef mince
- 240g (2 whole) zucchini, grated
- 120g (2 whole) carrot, grated
- 1 Tbsp reduced-salt tomato paste
- $\frac{1}{4}$ cup reduced-salt beef stock
- 1 tsp dried mixed herbs
- 50g Nuttex spread
- 50g gluten free plain flour
- 500mL unsweetened calcium-fortified rice milk
- $\frac{1}{8}$ tsp ground cinnamon

Method

1. Preheat oven to 180°C.
2. Cook pasta according to packet instructions, until just al dente. Drain and rinse under cold water. Drain.
3. Meanwhile, lightly spray a large, deep saucepan with oil and heat on medium-high heat. Cook onion, stirring, for 5 minutes or until translucent. Add mince and cook, stirring to break up lumps, for 5 minutes or until browned. Add zucchini, carrot, paste and stock, cook, stirring, for 15 minutes or until liquid has reduced. Stir through dried herbs and remove from heat.
4. Meanwhile, to make the bechamel sauce, in a saucepan, melt spread on medium-high heat. Add flour and cook, stirring, for 1 minute or until bubbling. Gradually whisk in milk and bring to the boil. Stir through cinnamon. Reduce heat and simmer, whisking, for 5-10 minutes or until the sauce thickens.
5. Transfer half the pasta to a baking dish and top with the mince mixture. Add the remaining pasta and then top with bechamel sauce. Bake for 30 minutes or until the top is golden. Stand for 5 minutes and then serve.





Malaysian fish curry

Introduce the world of Malaysian cuisine to your family with this flavourful and nourishing fish curry.

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Ingredients

- 180g brown rice
- ¼ long fresh red chilli, deseeded, roughly chopped
- 1 clove garlic
- 1 Tbsp canola oil
- ½ tsp lemongrass paste
- ½ tsp gluten free curry powder (no added salt)
- ½ tsp ground turmeric
- 180g sweet potato, cut into 1cm pieces
- 2tsp reduced-salt vegetable stock powder
- ½ cup boiling water
- 360g firm white fish fillets, cut into 3cm pieces
- 90g green beans, trimmed, halved
- 180g zucchini, halved lengthways, thinly sliced
- 400mL light coconut milk

Method

1. Cook rice according to packet instructions.
2. In a small food processor or blender, add chilli, garlic, oil, lemongrass, curry powder and turmeric and blitz until a paste forms.
3. Heat a large non-stick wok on medium-high heat. Add curry paste and cook for 1 minute or until fragrant. Add sweet potato, stock and water and simmer, stirring occasionally, for 10 minutes or until the sweet potato is just tender.
4. Reduce heat to medium and add fish, beans, zucchini and coconut milk. Simmer, stirring occasionally, for 10-15 minutes, until the fish is cooked through and the vegetables are tender.
5. Serve curry with rice.



For fish or shellfish allergies, swap fish for chicken or tofu



Chilli con carne & rice

Serve this hearty beef dish in a tortilla as an alternative to rice.

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Ingredients

- 1 ½ cups rice
- 1 small brown onion
- 1 medium carrot
- 1 stalk celery
- 1 red capsicum
- ½ Tbsp olive oil
- ½ tsp chilli powder
- ½ tsp ground cumin
- 1 clove garlic, crushed
- 250g lean beef mince
- 1 x 300g can red kidney beans
- 1 x 400g can reduced salt crushed tomatoes
- 250mL cold water

Method

1. Cook rice according to packet instructions.
2. Peel and finely dice onion.
3. Dice carrot, celery and capsicum.
4. Heat oil in large saucepan over medium heat. Add onion, carrot, celery, capsicum, chilli powder and cumin. Stir and cook for 6 to 8 minutes, until vegetables soften.
5. Add garlic and cook for 1 minute.
6. Add beef mince, stir and use wooden spoon to break meat into small pieces. Cook for 2 to 3 minutes, until mince browns slightly.
7. Drain and rinse kidney beans. Add to pan with canned tomatoes and water. Stir and bring to the boil. Turn heat down and simmer for 30 minutes or until sauce thickens.
8. Serve with cooked rice.



As an alternative to rice, serve the meat sauce in a tortilla (gluten-free if required).

Nasi Goreng

Bring the essence of Indonesian street food to your kitchen by transforming ordinary rice into a wholesome delight with our nutritious twist on Nasi Goreng.

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Ingredients

- 1 spray olive oil
- 6 eggs
- 180g long grain rice
- 2 tsp canola oil
- 200g broccoli
- 200g Chinese wombok cabbage, shredded
- 1 clove garlic, crushed
- 5g long fresh red chilli, deseeded, finely chopped (optional)
- 2 spring onions (finely chopped)
- 5 tsp Kecap manis

Method

1. Preheat oven to 200°C. Place a large baking tray in the oven to heat for 10 minutes.
2. Meanwhile, cook rice according to packet instructions. Cut broccoli head into small florets and finely chop the stem.
3. Crack eggs into a large jug, being careful not to break the yolks. Carefully remove the tray from the oven and place on a flat surface. Lightly spray tray with olive oil spray. Carefully pour eggs onto tray and return to oven. Bake for 5 minutes or until the egg whites are set and the yolks are runny, or until cooked to your liking. Use a sharp knife to slice into individual eggs.
4. In a large non-stick wok or deep frying pan, heat oil on medium-high heat. Stir-fry broccoli stems for 2 minutes or until starting to soften. Add broccoli florets and cabbage and stir-fry for 2 minutes or until starting to soften. Add garlic, chilli and spring onions and stir-fry for a further 1 minute. Stir through rice and kecap manis until combined and heated through.
5. Divide nasi goreng into bowls or serving trays and top with eggs to serve.



Beef & broccoli stir-fry

Add different vegetables to this recipe to increase the variety.

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Ingredients

- 1 cup brown rice
- ¼ small cabbage
- 1 medium carrot
- 1 red capsicum
- 2 cups broccoli florets
- ½ Tbsp canola oil
- 350g lean beef strips
- 1 clove garlic, crushed
- 1 Tbsp hoisin or plum sauce

Method

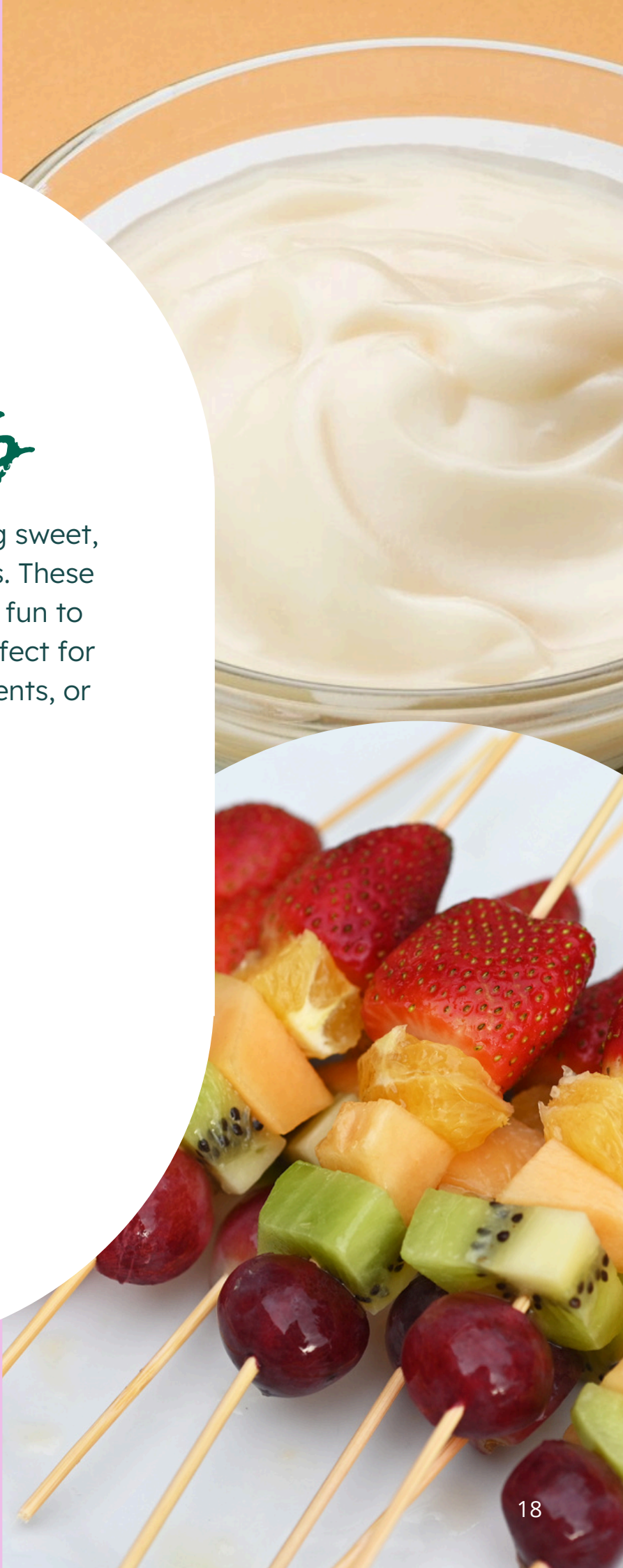
1. Cook rice according to packet instructions.
2. Wash vegetables and slice into pieces of similar size (discarding capsicum seeds and stalk).
3. Heat oil in pan, add beef and garlic and gently cook until beef is brown and cooked through. Set aside.
4. Add vegetables to pan and cook for 2 to 3 minutes.
5. Add beef and hoisin or plum sauce to pan.
6. Stir and cook until vegetables are tender and beef is warmed through.
7. Serve with half a cup of rice per child.

Sweets

Everyone deserves something sweet, no matter their dietary needs. These allergy-friendly desserts are fun to make, full of flavour, and perfect for sharing at parties, school events, or just because.

Rice milk custard

Fruit kebabs





Rice milk custard

A delicious, allergy friendly alternative to traditional custard.

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Ingredients

- 1 ½ Tbsp gluten free cornflour
- 2 tsp sugar
- 200mL calcium fortified rice milk
- 1 tsp pure vanilla essence

Method

1. Mix cornflour and sugar together with 1-2 tablespoons of rice milk to form a smooth paste.
2. Add the remaining rice milk. Stir until lumps dissolve.
3. Cook in the microwave for 1-2 minutes until thickened or stir constantly in a saucepan on the stove top until thickened.
4. Add vanilla essence to flavour.



Delicious on its own, but pairs great with fruit kebabs (on the next page)!



Fruit kebabs

A fun and nutritious sweet treat, perfect for snack times & dessert.

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Ingredients

- 1 orange
- 6 strawberries
- 2 kiwifruit
- ¼ melons
- 6 paddle pop sticks
- 250g (1 batch) rice milk custard

Method

1. Peel oranges and cut into cubes. Rinse strawberries, remove stalks and cut in half. Peel kiwifruits and cut into quarters. Remove skin from melon and cut into cubes.
2. Arrange fruit on a platter and thread pieces onto wooden paddle pop sticks.
3. Serve with rice milk custard or yoghurt for dipping.



Kids can help by threading pieces of fruit onto the paddle pop sticks!