



Cooking all week for children with different tastebuds can be challenging. Here are some meal ideas for fussy children with some additional tips and tricks.

Meal ideas for fussy kids

Thinking of meal ideas for fussy kids can be notoriously difficult, and every parent do their best to keep a delicious and nutritious diet while still putting a smile on their little ones' faces (or at least avoiding a dramatic evening). But sometimes, you've got to get a little creative. Sometimes even a bit sneaky. Now and again, downright deceptive.

From disguising veggies as deep-fried delicacies, to tweaking the same classic recipes for different tastes at the table, here are our favourite meals and tips for fussy kids:

Personalised [Sushi Rolls](#)

We love homemade sushi – not just because it's such a beautifully clean and striking dish, but also because it's surprisingly adaptable. You can do all the prep once, and simply swap out the fillings to suit each family member's tastebuds. Avocado slices for one kid, smoked salmon for the next, and both for you.



[Veggie fries with avo dip](#)

If you say 'chips' or 'fries' there's a likelihood the kids will come running to the table, and won't even question why these easy-to-make chips are all the colours of the rainbow. They might even love the colour and flavour adventure. Less than 10 minutes of prep time, with a nutritious salty avo dip on the side.



[Cheesy roast cauliflower](#)

You might know this already, but cover anything in melted cheese and it might have a chance of slipping past even the fussiest tastebuds. This cheesy cauliflower bake is roasted in bite-sized chunks with crunchy breadcrumbs, and is packed with enough Vitamin C to make any little stomach happy. Quick and easy to throw together, and there's enough for the whole family too.



[Crispy coconut chicken wings](#)

If you're going to get your kids to eat something, it might as well be packed with nutrients. These delicious crispy chicken wings are a great source of protein and bound to get everyone excited. They're surprisingly easy to make, and you might find yourself joining in the finger-licking feast. Hot tip: Take the spice out of the tomato sauce if your kids aren't a fan of heat.



[Basil and mozzarella meatballs](#)

If nothing else works, show your kids the Lady and the Tramp film, and they'll likely be begging for meatball spaghetti to replicate the iconic kiss. This basil and mozzarella version provides a delicious Italian twist that the whole family will enjoy.



About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product

range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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