

From The Kitchen

Let's Get Cooking!

Dear parents & carers,

We love that your children enjoy learning more about what they're eating at school, so we're excited to bring you **'From the Kitchen'**, our interactive educational activities that extends the fun from the school dining room into your homes.

The aim is to continue the positive messaging around the intrinsic link between good food, nutrition and wellbeing; as well as to support you during these unique times.

Our chefs and nutritionists have created recipes that your children can make at home with you. Each Monday to Friday breakfast and lunch recipe has been designed to help maintain a good level of energy, enhance concentration as well as balance mood and stress for all.

Each week, we'll send your school 'From the Kitchen' updates that they'll share with you. This will include:

- **Easy-to-make recipes to cook with your children showcasing seasonal fruit and vegetables**
- **Nutritional information from our nutritionist and TV celebrity, Amanda Ursell**
- **Interesting and fun facts about each of the food 'heroes' in the recipes**
- **Three special recipes straight from our chef's own kitchens with step-by-step cooking guides in photo or video form.**

We see every day in the dining room how much your children really like to get involved so we'll be asking them to send in their own favourite recipes and photos of dishes they've created. The best recipes will be shared 'From the Kitchen' and every child submitting a photo will be in with the chance of being crowned their school's 'home chef of the week'.

As a parent myself, I know how hard it is to juggle family life under normal circumstances. We're all feeling the stresses of these strange times and we hope that 'From the Kitchen' will offer some light relief whilst also being educationally fun.

With best wishes,

Deborah Homshaw

Managing Director Education & Healthcare CH&CO



Welcome to your virtual school dining room!



Hello students!

We hope you're keeping well. We're all missing the hustle and bustle of the school dining room and seeing your smiling faces every day. It's inspired us to create '**From the Kitchen**', your virtual school dining room that brings the interaction and information that you'd normally see at school, into your homes.

We have created some **simple dishes** you may like to try cooking together with your parents or carer at home. We've given you a suggestion for **both breakfast and lunch every day**, although you can easily make the lunchtime meal for dinner instead! These meals taste great and are packed full of the kinds of ingredients that help you **feel energised** throughout the day.

If you can't find some of the ingredients we mention in the cupboard or fridge, don't worry! We've given you other options you can substitute in. These are ideas and you can play around to make them work for you, get creative! Everyday we have '**Nutrition and other Nuggets**' this includes some great facts on one of the ingredients featured in the days' recipes that you may wish to tell your family all about at the dinner table when you tuck in.

Make sure you don't miss our '**chefs table**' and have a sneaky peak at what our chefs have been cooking up at home. This week you'll find a zero waste stir-fry, a smashing simple hummus and a delicious chocolate brownie. We know how much you love to take a photo so make sure you send us photos of all the dishes you create. We will be judging them every week and crowning one of you '**home chef of the week**'.

Happy Cooking and Happy Eating,

Your Kitchen Team



But first...



Health & Safety

Kitchen Hygiene

- Always wash your hands before you start to make any recipe.
- Wash all fruit and vegetables before using them.
- Use hot, soapy water to clean chopping boards after each use.
- Keep raw and cooked foods separately when getting your ingredients organised.
- Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.
- Wash your hands again after cracking eggs and using raw meat or fish.

Kitchen Safety

Always ask an adult to help you in the kitchen.

- This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas, either way, it is vital that you get an adult to help you when you start cooking.
- Always use oven gloves when helping to put things in and taking them out of the oven.
- If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.
- Take extra care when handling sharp knives or a grater for example when cutting vegetables and fruits. Ask an adult for help.
- Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there when using them with you.
- If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.

MONDAY

Breakfast

French Toast

Serves 1

- ✓ **High protein**
- ✓ **High fibre**
- ✓ **1 of your 5 a day**

You Will Need

- 1 egg
- 100ml milk
- A Dash of vanilla extract (optional) or a pinch of ground cinnamon or mixed spice (optional)
- 2 slices wholemeal bread (white is OK if you don't have wholemeal)
- 1 tsp vegetable oil
- Frozen berries defrosted (or some canned fruit or a banana)

How You Make It

1. Whisk the egg with a fork in a bowl with the vanilla extract or spices if using, pour onto a dinner size plate.
2. Brush a frying pan with a little vegetable oil and heat. Get help from a grown up with this.
3. Lay the first slice of bread in the egg on the plate, turn over and coat the other side and then put in the pan.
4. Do the same with the other slice of bread.
5. Cook for 1 – 2 minutes each side and turn the bread over to cook the other side as well.
6. Remove from the frying pan, put on a plate to serve topped with some of your favourite fruit.



Lunch

Tex-Mex Potato Skins

Serves 4

- ✓ **High protein**
- ✓ **High fibre**
- ✓ **Low salt**
- ✓ **2 of your 5 a day**

You Will Need

- 4 sweet potatoes or baking potatoes
- 1 tsp vegetable oil
- 1 onion
- 100g chicken cut into small pieces (you can leave this out, swap for tofu or double the beans mentioned below)
- 1 tsp paprika pepper or chilli sauce
- 1 clove of garlic
- 2 tomatoes
- Small can sweetcorn or 100g frozen sweetcorn
- 1 can red kidney beans
- Small avocado (optional)
- Lime or lemon (optional)
- Plain yoghurt (optional)

How You Make It

1. Heat the oven to 180oc/ gas 5 and brush a baking tray with a little oil.
2. Cut the potatoes lengthways (get help from an adult to do this) and put them on the tray. The skins should be on the tray and the cut-side should point up. Bake for about 40 minutes until tender when you put a knife in.
3. While cooking, put about a teaspoon of oil in a frying pan. Once hot, add the onion and cook gently for 5 minutes.
4. Add the chicken and cook for another 5 minutes, stirring to stop it sticking.
5. Sprinkle over a teaspoon of paprika (or a dash of chilli sauce) and the garlic and keep cooking for another 1 minute.
6. Stir in the tomatoes, sweetcorn and red kidney beans. Take off the heat.
7. Take the potatoes out of the oven and allow them to cool down a little.
8. Scoop out the potato and add to the chicken and bean mix, being careful not to damage the skins. Put the skins to one side.
9. Brush the skins lightly with oil and put back in the oven for about 10 minutes until they are crisp.
10. Take skins out of the oven. Spoon the chicken and potato mix into the skins and serve topped with the avocado if using and a dollop of yoghurt. Squeeze lime or lemon juice and serve.

Nutrition Nuggets

Eggs

Did you know?



Eggs are one of the few foods that give us the nutrient called vitamin D. We need vitamin D to allow another bone-building nutrient in eggs called calcium (and in other foods like milk), to be unlocked and absorbed from our digestive systems.

Hen's eggs come in a variety of sizes and colours and all are packed with really helpful nutrients. It doesn't matter whether eggs have a brown or white shell because both are just as nutritious.

Great for boiling, poaching or baking; frying or scrambling, eggs are also a highly versatile ingredient and you can use them to anything from omelettes and pancakes to cakes and more complicated dishes like soufflés.

Depending on the breed of chicken, hens can lay anything from 50 eggs a year up to 300. They tend to lay most of their eggs in the first two to three years of their lives.

Chefs Table

Simple

Hummus with crudities

Ingredients

- 1 can of chickpeas
- 50ml chickpea water from tin
- 1tbsp tahini
- 25ml olive oil
- 2 carrots
- 2 peppers
- Swap out the carrots & peppers for cucumber or pitta bread lightly toasted

Method

1. Slice your carrots & peppers into sticks
2. Put chickpeas, water, oil & tahini into a jug & blend until slightly chunky
3. Season your hummus
4. Put hummus into a bowl & serve with vegetable dipping sticks

'My family love this recipe and in this weather during the lockdown, why not have a picnic in your garden and give it a go! Mix up your lunchtimes by making this hummus & adding any vegetable & breads you like to dip in.' **Guy Adams, Development Chef**



TUESDAY

Breakfast

Overnight Oats

Serves 1

- ✓ **High fibre**
- ✓ **High calcium**
- ✓ **1 of your 5 day**

You Will Need

- 40g porridge oats
- 150ml milk (you can use a milk alternative if you want to like soya or almond milk)
- Handful of nuts or seeds like walnuts, hazelnuts or pine nuts – you chose
- Dash of vanilla extract or pinch cinnamon (both optional)
- Fruit of your choice (30g dried fruit is fine or a piece of fresh fruit like apple or about 80g of frozen or canned fruit)

How You Make It

1. Stir all the ingredients together in a bowl (except for the fruit if using fresh, frozen or canned).
2. Put in the fridge overnight.
3. In the morning (stir in the fresh fruit if using) and serve.



Lunch

Tuna Bean Pasta

Serves 2

- ✓ **High protein**
- ✓ **High iron**
- ✓ **1 of your 5 a day**

You Will Need

- 1 can of beans (red kidney, cannellini, butter beans – all are fine)
- 1 can of tuna
- 1 tomato
- Chunk of cucumber
- Handful of green salad leaves or parsley
- 2 tbsp Vinegar (Balsamic, white wine or standard vinegar are all fine)
- Black pepper
- 1 tbsp extra virgin olive oil
- 2 slices bread, toasted
- 1 clove garlic

How You Make It

1. Open the beans and drain and rinse them in a sieve or colander.
2. Open the tuna, drain and put in a bowl.
3. Break up into flakes with a fork.
4. Cut the tomato and cucumber into small chunks.
5. Mix together the beans, tuna, tomatoes and cucumber in a bowl with the vinegar and black pepper and salad leaves like lettuce (torn into smaller pieces) or chopped fresh herbs like parsley or basil if you have them.
6. Leave to stand and make the toast. Peel the garlic clove and cut in half and use to rub over the toast (this is optional). Cut toast into quarters and then again into eighths and sprinkle over the salad. Drizzle over some extra virgin olive oil if you have some and serve.

Nutrition Nuggets

Oats

Did you know?

Oats have been cultivated for food since 1,000BC but records of their use in traditional medicine to treat stress and skin problems dates back to around 2,000BC in Egypt and the Arabian Peninsula.

Scientists today know that oats contain 'polyphenolic' Compounds that they have proven help to relieve itching.

Oats contain a type of fibre known as 'soluble fibre and more protein than other cereals. Eaten regularly as part of a healthy diet, oats are known for lowering cholesterol in your blood.

Oat grains can be rolled, flaked or made into oatmeal or flour for porridge and bread and are additive and preservative-free. Oat-millers in the UK milled 144,000 tonnes of oats in 2017 and these figures keep rising as our love of porridge and muesli continues.

Oatmeal is finely milled oat grains and due to the oil and vitamin E it contains, manufacturers must heat treat-it to stop enzymes from making it go rancid and creating a bitter taste.

WEDNESDAY

Breakfast

Fruity Breakfast Wrap

Serves 1

- ✓ **High protein**
- ✓ **1 of your 5 a day**

What You Will Need

- 1 tortilla wrap, wholegrain or white
- Spoonful of yoghurt
- Serving of your favourite fruit (about 80g, fresh, frozen or canned)

How You Make It

1. Warm the wrap in the oven (or use it not warmed, either way is fine).
2. Spread the wrap with the yoghurt and then pile on your favourite fruit. If it is apple or pear, you can try grating it or chopping finely. If it is frozen berries, spread them over the wrap.
If it is canned peaches for example, drain them and chop them and spread over.
If dried apricots for instance, chop up and scatter across.
3. Now fold the wrap up, put on a plate and serve.



Lunch

Tomato, Spinach & Cheese Fritters

Serves 1

- ✓ **High protein**
- ✓ **High calcium**
- ✓ **Low salt**
- ✓ **2 of your 5 a day**

You Will Need

- 2 handfuls baby spinach or 80g frozen spinach, cooked and drained
- 65ml milk
- 1 egg
- 100g ricotta cheese or cottage cheese
- 60g self-raising flour
- 1 tomato, chopped
- Fresh herbs like parsley if basil if you have them or pinch dried mixed herbs if you have them
- Pinch of black pepper
- 1 tsp Vegetable oil
- Salad to serve we suggest cucumber and carrots

How You Make It

1. Put the spinach in pan with a few tablespoons of boiling water and a lid on and cook for a minute on a high heat. Alternatively, put in a bowl, cover with a plate and microwave for a minutes. Drain well.
2. Whisk the milk, egg and cheese together and gradually beat in the flour. Whisk until it looks smooth.
3. Stir in the spinach and tomatoes, herbs if you have them and ground black pepper.
4. Brush a non-stick frying pan with a little oil, and once hot, divide mix into four and cook each fritter for a few minutes each side. Serve with a salad of your choice like chopped cucumber or some grated carrot.

Nutrition Nuggets

Ricotta cheese

Did you know?



This soft Italian cheese gets its name from the word ricotta, which means 'recooked'.

A 100g serving (about 4 tablespoons worth) of ricotta packs in as much protein as you find in an egg. Along with calcium and phosphorus ricotta gives you, this means that it is a brilliant bone-builder to include in your meals.

This curd cheese can be used in savoury and sweet dishes.

Ricotta is made, by using the watery part of the cheese making process called whey. It is heated and then a little sour whey is added to make the protein set.

Being made from the whey means that ricotta is 'lighter' and provides less fat than a hard cheese.

Chefs Table

Zero Waste

Zingy sweet chilli zero waste stir fry

Serves 4

'I love this recipe it's just so quick and easy! I've used my leftover broccoli stalks & cauliflower leaves in this recipe, but you could use anything you like. By practising zero waste cooking we are all having a positive effect on our planet.'

Owen Hurley, Senior Development Chef

You will need

- 100g noodles
- 80g carrot – peeled into ribbons
- 80g broccoli - stalks shredded & forlets
- 40g Red onions – sliced thinly (swap for white or spring onions)
- 70g cauliflower leaves – shredded
- 1 clove of garlic – sliced
- 15g Sunflower seeds (any seeds would work well with this)
- 1 tsp chilli flakes – optional
- 30g Sweet chilli sauce
- 85ml light soy sauce
- 60ml rapeseed oil (swap for any oil you have handy)

How you make it

1. Soak the noodles in boiling water until soft.
2. Heat wok up, add half of the rapeseed oil pan fry onions, carrots, broccoli, for 2mins add cauliflower leaves & cook for 30 seconds.
3. Make a well in the add the remaining oil & fry the garlic & sunflower seeds for a minute.
4. Add the sweet chilli sauce & soy sauce to the wok & stir.
5. Drain the noodles, add to the wok & cook for a further minute stir continuously
5. To serve; place your stir fry into a bowl & tuck in!

Video Alert!

Check out our chefs in action creating this sizzling stir-fry:

https://youtu.be/niz9_BlnlC0

THURSDAY

Breakfast

Speedy Scrambled Eggs

Serves 1

- ✓ **High protein**
- ✓ **1 of your 5 a day**

You Will Need

- 1 large mushroom or 80g small mushrooms
- 1 tsp oil
- Dash Worcester Sauce (optional)
- 2 eggs
- Pinch of black pepper
- 1 slice toast

How You Make It

1. Cut or tear the mushrooms and put in a small pan with a teaspoon of oil and the Worcestershire sauce or a little water. Put on a tight fitting lid and cook on a medium heat for 5 minutes, shaking the pan from time to time to help the mushrooms to stop sticking.
2. Meanwhile, crack the eggs into a bowl and whisk with a little black pepper if you like it. Cook on a medium heat for 30 seconds in the microwave and then for 15 seconds bursts (or in a pan on the hob, stirring until it is cooked how you like it).
3. Serve the scrambled eggs on the toast with the mushrooms on the side.



Lunch

Vegetable Soup

Serves 2

- ✓ **High protein**
- ✓ **High calcium**
- ✓ **High iron**
- ✓ **Low salt**
- ✓ **2 of your 5 a day**

What You Need

- Small onion, peeled and chopped
- Stick of celery, chopped
- 1 carrot, washed thoroughly and chopped (peel if you prefer)
- A clove of garlic, peeled and chopped
- Pinch dried mixed herbs
- Sweet potato or standard potato, peeled and chopped
- 250ml stock
- 250ml water
- 400g can of lentils or canned beans you have in the cupboard
- 400g can tinned tomatoes or 2 chopped tomatoes
- Chunk of cabbage shredded or a handful of green beans (frozen or canned is fine)
- 2 pitta bread

How You Make It

1. Add two teaspoons oil to a big saucepan on a medium heat and once hot add the onions, celery and carrot and cook gently, stirring regularly for about 8 minutes.
2. Stir in the garlic and herbs and cook for another minute.
3. Add the potatoes, stock, lentils (or beans) and tomatoes and cook for 20 minutes. Stir in the cabbage or green beans and cook for 3 minutes.
4. Heat up the pitta in a toaster or under a grill (or just serve unheated if you prefer), cut into strips and enjoy with your soup.



Nutrition Nugget

Lentils

Did you know?

Lentils are one of the oldest crops cultivated by humans, domesticated by humans around 8,000 BC.

Lentils are 25 per cent protein, 1 per cent fat and 56 per cent carbohydrate and have useful amounts of the B vitamin folate needed for healthy nerves, fibre for good digestion and iron for energy.

This handy legume can be bought dried or canned, which means that it is already cooked.

Today the biggest producer of lentils in the world is the Indian subcontinent but they are also grown in Ethiopia, Syria, Turkey, and Spain

Lentils can be used in soups, and dhal, can be fried and seasoned and eaten as a snack or be added to many casseroles, stews, soups and curries.

FRIDAY

Breakfast

Banana Pancakes

Serves 1

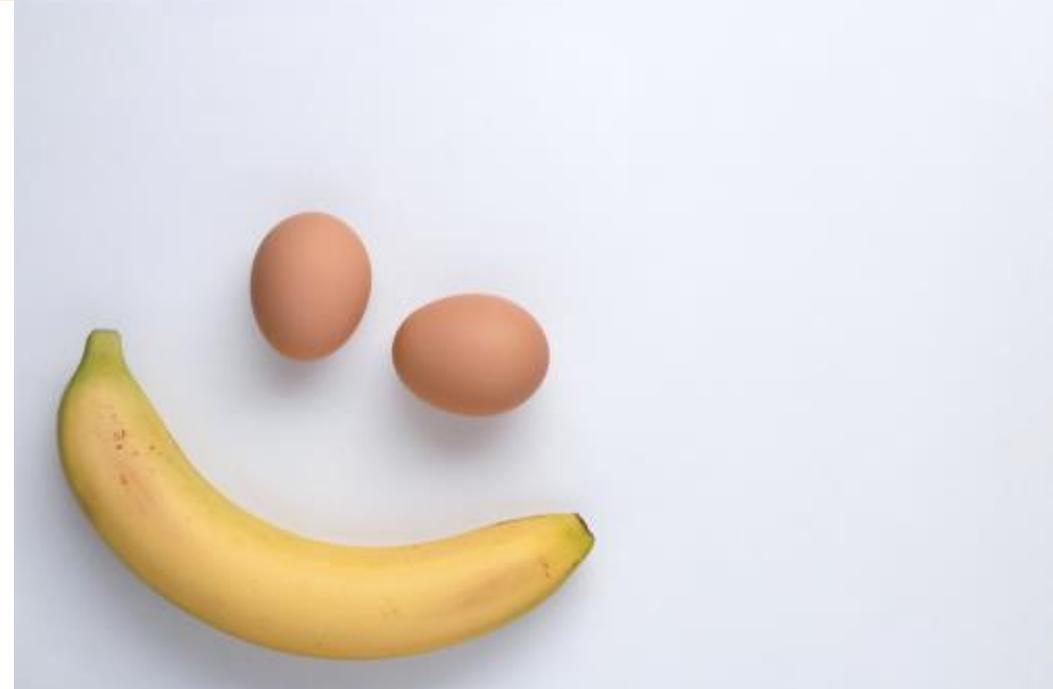
- ✓ **High protein**
- ✓ **1 of your 5 a day**

What You Need

- 1 banana
- 1 egg
- Dash of vanilla extra (optional)
- Little vegetable oil

How You Make It

1. Blend the egg, banana and vanilla extract with a hand blender or in a table-top blender or just whisk hard with a fork until smooth. This is easier with a ripe banana compared with a less ripe one.
2. Brush a non-stick frying pan with oil and once heated, pour in half the banana mix. Cook gently and once golden brown on the underneath, flip over cook the other side. Repeat with the rest of the mix and serve.



Lunch

Grilled Fish with Crushed Peas and Cous Cous

- ✓ **High protein**
- ✓ **high iron**
- ✓ **low salt**
- ✓ **2 of your 5 a day**

What You Need

- 1 piece of white fish (can be frozen and defrosted) like pollock, cod or coley
- 1 tsp vegetable oil
- Squeeze of lemon juice
- 1 teaspoon green or red pesto
- 80g frozen peas
- 30g cous cous (wholemeal if possible but ordinary cous cous is still fine)
- 80ml boiling stock

How You Make It

1. Put the oven on to 200oc/ gas 6 and put some foil on a baking sheet.
2. Brush the foil with oil and squeeze over the lemon juice then place the fish on top. Spoon on the pesto, spread over the fish and fold the foil up. Place in the oven.
3. Cook the peas in a pan of boiling water for 4 minutes using the pack instructions and then drain.
4. Put couscous in a heatproof jug and pour 80ml boiling water over. Stir well, cover and leave for five minutes and then fluff up with a fork.
5. Remove fish after 15 minutes. Crush the peas using the back of your fork and season with black pepper and a little lemon juice. Unwrap the fish and serve with the peas and cous cous.

Nutrition Nugget

White fish

Did you know?

Fish like coley, cod and Pollock store extra energy in their livers (you have probably heard of 'cod liver oil'.) This means that their flesh is white and quite light.

Most of us prefer cod and haddock and we eat these two fish more than any other country in the world, partly because we not only order it from fish and chips shops, but we also cook it at home.

White fish like cod, coley, haddock and Pollock are also rich in protein, which all parts of our body from our skin and hair to our muscles and blood need to grow and keep healthy. It gives us the trace mineral iodine, which we need for our thyroid gland to make the hormone.

When humans eat more energy than we need, we store them in fat cells that are deposited under our skin and on our stomachs, arms and legs.

There are 10,500 fish and chip shops across the country, serving up 167 million fish and chip meals in the UK every year

Chefs Table

Indulgent

Deliciously dark chocolate brownies



Ingredients (makes 10 portions):

- 125g dark chocolate (any chocolate will work)
- 125g butter or margarine
- 3 eggs
- 275g caster sugar
- 225g Self-rising flour

'Ok so who doesn't love a brownie! I certainly do, and I've created this easy recipe for you to try at home. I like to add in dried raspberries into this mix to give it an added flavour; get creative and try adding other flavours!' **Owen Hurley**
Senior Development Chef.

Method

1. Pre heated oven to 160oc
2. Melt chocolate & butter together in a bowl over simmering hot water
3. Whisk eggs & caster sugar until light & fluffy.
4. Fold in the two mixtures together then sieve the flour into the mixer & fold in.
5. Pour into lined baking tray 15cm x 20cm.
6. Baked until set remove from oven, cover with a clean cloth & pat down then remove cloth & allow to cool

We'd love to see your creations!

Ask your parent or guardian to send in your food pictures & recipes to EduConference@chandcogroup.com and remember to copy in your school & teacher for a chance to be crowned 'home cook of the week'