

CH
& CO

LEARNING FROM HOME

In this edition

AMANDA'S LUNCHES WEEK FIVE

SEASONAL INGREDIENT CABBAGE

SUPERMARKET SWAPS CHICKEN KATSU CURRY

SUNDAY SPECIAL FLAPJACKS

PLUS RECIPES & MUCH MORE...

FROM THE *Kitchen*

WEEK FIVE

First things first...

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.



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 ask 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 to help 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.

LET'S GET COOKING



We hope you are all keeping safe and well. We're delighted to bring you a further selection of easy to make recipes, cooking tips and nutritional information to help you plan ahead and make the most of every mouthful.

This week we're looking at our seasonal vegetable cabbage, our Consultant Nutritionist, Amanda brings you Week Five of her nutritionally based lunch plan.

Our Head of Food Owen shows us how to make delicious flapjacks on a Sunday to enjoy during the week.



Happy Cooking and Happy Eating.

Kitchen Team

Your Kitchen Team



AMANDA'S LUNCHES

FOR TWO PUPILS FOR **UNDER £10**

WEEK FIVE

From our Nutritionist Amanda Ursell

Each day, the lunches have been structured around the five pillars of a healthy packed lunch which involves the colour annotated food group below. The 'treat' snacks are based on the 'school friendly' style ones, allowed in packed lunches at school.



Serving of protein-rich food for growth and development



A serving of carbohydrate, preferably wholegrain, for energy



Serving of calcium-rich food to support growing bones



A serving of vegetables and fruit towards your five a day



And a drink for hydration

I've put a 'treat' food in each day as well, although I know not everyone will see a hot cross bun as a treat to begin with! This is partly about normalising the lower sugar options and using them to replace the higher sugar, fat and salt options of cakes, biscuits, ready-made puddings, crisps and other savoury snacks.

Monday

EGG MAYO SANDWICH

Boil two **eggs** until hard, allow to cool by placing in cold water. Peel and chop the eggs in a bowl and mix with two teaspoons of salad cream, some black pepper (optional) and two diced **tomatoes**. Divide mix into two and use to spread onto two slices of **bread**. Top each with another slice of bread to make a sandwich and cut into halves or quarters. Follow with two **tangerines** each, a **Hot Cross bun** and a 200ml glass of **milk** each.

Tuesday

HUMMUS TORTILLA WRAP

Open the **chickpeas** (also **vegetable**) and drain. Blend in a food processor, with a hand blender or crush with a fork in a bowl with 2 – 3 tablespoons of lemon juice, 3 tablespoons of olive oil, a pinch of salt and 2 cloves of peeled and crushed garlic. If you have some in the cupboard, add a pinch or two of ground paprika or cumin (optional). Divide into two portions and use to spread over two **tortilla wraps**. Grate a **carrot** over each, roll up and serve. Serve 125g of **yoghurt** in each of two bowls and add a chopped **apple**. Have a **Digestive biscuit** each to follow and a big glass of **water**.

Wednesday

BAKED BEANS ON TOAST

Open a can of **baked beans** (also **vegetable**) and heat through. Meanwhile, toast four slices of **wholemeal bread**. Grate the remaining 60g

of **cheddar cheese** (also **dairy**) from last week. Serve the baked beans on the toast and sprinkle the cheese between the four slices then serve. Have a **pear** each to follow with a 200ml glass of **milk** each and a slice each of **fruit loaf**.

Thursday

FISH FINGER AND TOMATO WRAP

Grill four of the remaining **fish fingers** from last week. Chop up in a bowl along with the two remaining **tomatoes** from last week. Put a tablespoon of the olive oil in a small bowl, add 2 tablespoons of lemon juice and a pinch of black pepper and mix well with a fork. Mix in and spoon half the mix on to one **tortilla wrap** and the other on another wrap, roll up and serve. Follow with two **tangerines**, a 125g bowl of **yoghurt** and two **Digestives** each. Have lunch with a big glass of **water**.

Friday

VEG PACKED OMELETTE

Peel and chop the **onion** and peel and grate two **carrots**. Pour a tablespoon of olive oil in a frying pan. Once hot, add the onion and carrot and gently cook for about 5 minutes until soft. Peel a clove of garlic, chop and add for one more minute. Meanwhile gently beat 4 **eggs** in a bowl with some black pepper (optional). Pour over the onion and carrot mix and mix together. Leave to cook gently on a medium heat for a few minutes until cooked through. Divide in two and serve with a slice of **wholemeal bread** each. Follow with a **pear**, a 200ml glass of **milk** and a slice of **fruit loaf** each.

Shopping List

- Eggs x 6 90p
- Wholemeal loaf 800g 45p
- Chickpeas can x 400g 40p
- Tomatoes x 6 75p
- Tangerines x 8 £1.00
- Tortilla wraps wholemeal x 8 90p
- Garlic x 1 bulb 25p
- Yoghurt natural x 500ml 45p
- Onions x 1 200g 17p
- Extra virgin olive oil 250ml £1.25
- Lemon juice 250ml 60p
- Pears x 5 mini 60p
- Fruit loaf x 388g £1.00
- Semi-skimmed milk 2.27l £1.10

Total: £9.52

DON'T WORRY NOTHING WILL BE WASTED WE'LL USE THESE EXTRAS IN NEXT WEEKS MENU:

- 4 x tortilla wraps
- 1 x pear
- 6 x slices fruit loaf
- 2 x tomatoes
- 1 x 400g can baked beans
- Salad cream (from week 1)
- 190ml extra virgin olive oil

SEASONAL COLESLAW Serves 6

Recipe

INGREDIENTS

- 300g white cabbage
- 150g savoy cabbage
- 1 small red onion, peeled
- 3 carrots, peeled
- juice of 1 lemon
- 100g light mayonnaise
- 1 heaped tsp English mustard

METHOD

1. Remove the core and slice the cabbage as finely as possible or slice using a food processor. Then slice the onion in the same way and mix with the cabbage in a large bowl.
2. Grate the carrots. add to the bowl along with the chopped parsley, a few dollops of mayonnaise and the mustard.
3. You can adjust the quantities of lemon juice and mayonnaise to how you like it. We just added the juice from one lemon and a few good dollops of mayonnaise. Season to taste, toss together and serve.



CLICK HERE TO WATCH
OWEN MAKE HIS SEASONAL
CRUNCHY COLESLAW

Cabbage

TRADITIONALLY A WINTER VEGETABLE IN NORTHERN EUROPE, THE OVERLAPPING LEAVES OF CABBAGE CAN SURVIVE COLD WEATHER AND FROST THAT LOOSE LEAFED VEGETABLES LIKE LETTUCE CAN'T. CABBAGE LEAVES ARE DELICIOUS WHEN LIGHTLY STEAMED, SLICED UP IN STIR-FRIES, STUFFED AND MADE INTO KIMCHI.

Stored away in the green leaves of cabbage are an array of vitamins, minerals and a whole stack of 'super nutrients'.

From the yellow pigment called 'lutein' (pronounced 'loo-teen' and which is camouflaged by the more intense green chlorophyll), the orange-coloured beta-carotene and long-named plant compounds like 'quercetin' and glucobrassicin, all of which are good for our health.



SAVE
£5.02
PER FAMILY

SUPERMARKET

CHICKEN KATSU CURRY
READY MEAL Vs HOMEMADE

Swaps

SUPERMARKET CHICKEN KATSU CURRY WITH RICE

£2.75 per 350g ready meal

£11.00 per family of four

Per serving: 594kcal, 29.5g protein, 21.5g fat, 4.2g sat fat, 69g carbs, 3g sugars, 2.7g fibre, 1.6g salt

HOMEMADE CHICKEN KATSU WITH RICE AND CUCUMBER SALAD

£1.49 per 465g serving

£5.98 per family of four

Per serving: 469kcal, 28g protein, 12.6g fat, 7g sat fat, 55g carbs, 11.6g sugars, 10.4g fibre, 0.7g salt

WHAT YOU NEED

100g brown basmati rice 20p
Olive oil spray £1.70
2 onions 25p
2 carrots 8p
2 cloves garlic 25p
Piece of ginger 5p
400ml reduced fat coconut milk £1.00
2 x chicken breasts 300g £1.70
1 tbs medium curry powder 12p
½ tsp ground turmeric 2p
Cornflour 4p
200g breadcrumbs 14p
1 x large cucumber 43p

VERDICT:

The homemade version has the advantage of having two of your five a day of vegetables and fruits as well as saving you £5.02 per family while giving you a significantly larger serving. The homemade version matches the ready meal for protein but has almost four times more fibre and half the salt as well as significantly less fat. It is also bursting with nutrients including a wide array of vital vitamins and minerals.

WHAT TO DO

Put 100g of brown basmati rice on to cook, according to pack instructions. Peel and chop two onions. Peel and slice two carrots into ribbons. Heat a tablespoon of rapeseed oil in a pan and cook onions and carrots for 8 minutes until softened. Add two cloves of peeled and chopped garlic and a small piece of peeled, chopped ginger and cook for 30 seconds. Stir in one tablespoon mild or medium curry powder and half a teaspoon of ground turmeric. After a few minutes of stirring, add 400ml reduced fat coconut milk and 100ml water. Cover and simmer for 20 minutes.

Meanwhile, stir a tablespoon of cornflour with four tablespoons water. Cut two chicken breasts into eight 'fillets' and dip into the cornflour mixture. Put 200g breadcrumbs on a plate and dip the fillets in, making sure they are covered both sides. Check the simmering sauce and if onions and carrots are soft, blitz with a hand blender, adding a little more water if too thick. Spray a non-stick frying pan with oil spray and cook the breaded chicken fillets for 5 minutes each side. While cooking check the rice and if ready, set aside.

When the chicken is ready, divide the rice between four bowls, top with a quarter of the sauce and then lay on the chicken. Serve with a salad of cucumber, made by peeling the cucumber into ribbons with a vegetable peeler and squeezing with a little lemon or lime juice.



SUNDAY SPECIAL

FLAPJACK Makes 12

Recipe

INGREDIENTS

500g oats

250g butter

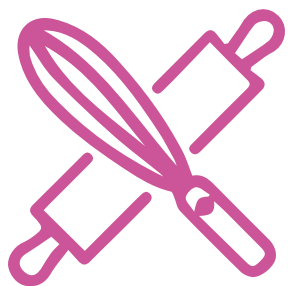
250g soft brown sugar

150g golden syrup

60g mixed seed
(optional)

METHOD

1. In a large saucepan melt unsalted butter, honey and light brown sugar together.
2. Mix with oats and seeds then spread onto a lined baking tray 25cm x 28cm, allow to cool for 20 minutes.
3. Bake until golden brown at 170°C.



BRINGING YOU SOME TASTY TREATS YOU CAN PREPARE OVER THE WEEKEND TO USE DURING THE WEEK.



CLICK HERE TO SEE OUR MINI CHEFS MAKING THIS AT HOME



WE HOPE YOU HAVE ENJOYED THIS WEEK'S LEARNING FROM HOME EDITION

As next week is half term we'll be bringing you a condensed version. Don't worry we'll still have Week 6 of Amanda's packed lunches so none of your ingredients will go to waste. Owen will also bring us some sweet treats for you to cook up at home.

Don't forget we love to see the items that you have made whilst you're at

home so please do email your pictures so we can feature them in our future editions.

Kitchen Team

Your Kitchen Team

Email your pictures to:
EDuConference@chandcogroup.com

Inquisitive, inclusive and motivated

From the Kitchen is brought to you by the team at CH&CO Education. It is written, filmed and developed by our development chefs, consultant nutritionist and head of food to make sure **every child we cater for can have access to our expertise even when learning from home.**

Our focus isn't school food, it's just great food!

Every single child has the right to eat well and learn about food. And it really is as simple as that!



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