

A kitchen scene featuring various ingredients for baking. In the foreground, there's a white bowl filled with butter, another with white sugar, and two brown eggs. A wooden spoon is stuck into the sugar bowl. In the background, there's a glass jar of honey and a wooden rolling pin. The scene is set on a light-colored surface.

CH  
&CO

# HALF TERM SPECIAL

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 they're at home.

*In this edition*

**AMANDA'S PLANT POWER SWAPS  
OWEN'S TASTY HALF TERM TREATS**

FROM THE *Kitchen*

MAY HALF TERM SPECIAL

# 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 BAKING



We hope you are all keeping safe and well. We're delighted to bring you another edition of our holiday specials.

This half terms Owen and his Mini Chefs are making a delicious frozen yoghurt treat. Meanwhile Amanda is looking at a Plant Power Swap and comparing a beef burger with

a beetroot burger. Will you give it a try on your Bank Holiday BBQ?



Happy holidays and happy eating.

*Kitchen Team*

Your Kitchen Team

SAVE  
**£2.22**  
PER FAMILY

# PLANT POWER

**BEEF BURGER  
Vs BEETROOT BURGER**

*Swaps*

## TRADITIONAL BURGER IN A BUN

£1.18 per person

**Per burger in a bun:** 521kcal, 33g protein, 29g fat, 10g sat fat, 32g carbs, 5g sugars, 2.7g fibre, 1g salt

### WHAT YOU NEED

500g beef mince  
1 egg  
1 teaspoon dried mixed herbs  
1 teaspoon vegetable oil  
160g onions  
1 tomato, sliced  
4 leaves lettuce

### WHAT TO DO

1. Heat the oil in a frying pan, add the diced onion and cook gently for 5 minutes until golden. Put to one side.
2. Put the mince into a bowl and mix in the herbs and the egg. Stir in the onion and mix well, using your hands (which you have washed first). Divide into four and shape into four burgers.
3. Cook for 6 minutes on each side under a hot grill.
4. Place each burger on the base of the bun and top with lettuce and slices of tomato and serve.

## BEETROOT BURGER AND SWEET CHILLI SAUCE

71p per person

**Per 176g burger in a bun:** 275kcal, 11g protein, 6g fat, 0.9g sat fat, 41g carbs, 5.6g sugars, 4.9g fibre, 1.4g salt (source of folate, potassium, calcium, phosphorus, iron, manganese)

### WHAT YOU NEED

400g (240g drained weight), canned chickpeas  
100g cooked beetroot  
40g Quorn vegan mince  
10ml olive oil  
4g fresh coriander  
4 soft burger buns (60g)  
1 tomato, sliced  
2 spring onions, sliced  
4 lettuce leaves  
100ml sweet chilli dipping sauce

### WHAT TO DO

1. Lightly blitz the chickpeas with a blender or crush well with the back of a fork.
2. Grate the beetroot and then finely slice the spring onions.
3. Chop the coriander and mix in with the vegan mince.
4. Mix in the olive oil and coriander and divide into four. Press each one of the quarters, into a burger shape. Put on a baking tray and bake for 15 minutes at 180oc.
5. Open the buns and lay some lettuce and a slice of tomato on the bun. Place the burgers on top and sprinkle each with spring onion and some sweet chilli dipping sauce (optional). If you prefer, you can use some mayonnaise.
6. Serve your healthy burger!

### WHAT'S THE DIFFERENCE?

You save almost 56p per person, that's £2.22 for a family of four. Our burger also saves 9g of saturated fat in just one serving. To give this figure a sense of perspective, women are only supposed to have a maximum of 20g of saturated fat a day while men can have up to 30g and children should have less, so this is a saving worth making. While our beetroot burger provides less protein compared with the beef version, it still packs in 11g in total, which is over a third needed by a 10-year-old and around a quarter of a 14-year-olds. In other words, it's still a valuable contribution towards daily totals. Our burger has the advantage of notching up almost double the fibre per serving, which is a good contribution towards a child's 20g daily goal and an adults 30g target.



# OWEN'S TASTY HALF TERM TREAT

**FROZEN YOGHURT  
& FRUIT BARS** Makes 12

*Recipe*

## INGREDIENTS

500g yoghurt

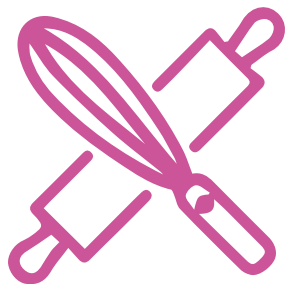
2 tbsps honey

1 tsp vanilla paste

150g mixed berry  
(this can be any fruit)

## METHOD

1. Place yoghurt, honey & vanilla into a bowl & mix well.
2. Pour into lined baking tray 15cm x 20cm.
3. Top with fruit & freeze for 4 hours.
4. Cut & serve.
5. The bars will keep well in the fridge for a month.



**WE LOVE THIS RECIPE,  
IT'S SO SIMPLE**



**CLICK HERE TO SEE OUR  
MINI CHEFS MAKING  
THIS AT HOME**

