

CH
& CO

LEARNING FROM HOME

In this edition

AMANDA'S LUNCHES WEEK TWO

SEASONAL INGREDIENT LEEKS

SUPERMARKET SWAPS CHICKEN CHOW MEIN

SUNDAY SPECIAL

PLUS RECIPES & MUCH MORE...

FROM THE *Kitchen*

WEEK TWO

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 leek, our Consultant Nutritionist, Amanda brings you a second week of her nutritionally based lunch plan that costs £5 per child per week and

we've also got new Sunday specials from our Head of Food, Owen.

Happy Cooking and Happy Eating,



Kitchen Team

Your Kitchen Team



AMANDA'S LUNCHES

FOR TWO PUPILS FOR UNDER £10

WEEK TWO

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 fruit scone 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' SANDWICHES

Boil two eggs and allow to cool. Peel and mix with 1 – 2 tablespoons of salad cream to make an egg mayonnaise. Use to fill two **wholemeal rolls**. Serve with slices of **cucumber** on the side. Follow with an **apple** each and a **mini brioche** with 125ml drink of **milk** each as well as **water** for hydration.

Tuesday

CHICKEN PASTA SALAD

Roast or grill four **chicken drumsticks**. Remove chicken from two. Cook and drain 160g of **pasta** per serving and mix in the chicken along with a finely chopped **tomato** each. Leave the two remaining drumsticks to cool, wrap and leave in the fridge for Thursday. Chop up the **pear** from last week and mix with a peeled and chopped **orange** and serve divided between two bowls, and follow with a slice of **Malt Loaf** each and 125ml drink of **milk** as well as some **water** for hydration.

Wednesday

CHEESE AND TOMATO ROLL

Grate the remaining 70g of **cheese** (also for **calcium**) from last week. Slice two **rolls** and spread each side lightly with salad cream. Divide the cheese between the rolls, slice a **tomato** and use to top the cheese and fold to make the roll. Have with a chopped **orange** each to follow, a **brioche** with a drink of **water**.

Thursday

COUS COUS AND ROAST CHICKEN DRUMSTICKS

Prepare 120g of **cous cous** according to pack instructions by pouring over boiling water. Cover and allow to swell and absorb the water. Cool. Mix in some diced **cucumber**. Pull the meat off the remaining two, cooked **chicken drumsticks** (or serve the drumstick whole if your child prefers) and mix in with the cous cous. Have an **apple** to follow, a slice of **Malt Loaf** each and a 125ml drink of **milk** plus some **water**.

Friday

TOMATO PASTA

Slowly simmer the canned **tomatoes** in a small pan with a dash of oil and some chopped garlic or a pinch of mixed dried herbs, if you have some with the lid on. Do this for 10 minutes adding a little water if you need to. Mix in the **lentils**, stir and allow to heat through on a low heat. Meanwhile, cook 80g of dry weight **pasta** per person, according to pack instructions. While pasta is cooking, blend the lentils and tomatoes. Drain the pasta and stir into the tomato and lentils sauce or use to top the pasta if you prefer. Have an **apple** each to follow, a **hot cross bun**, a 125ml drink of **milk** each and a drink of **water**.

Shopping List

(Based on current Tesco prices)

- 1 x pack 6 wholemeal rolls **65p**
- Pack apples x 6 **75p**
- 2 eggs from last week
- Salad cream from last week
- 7 drumsticks **£1.42**
- Fussili pasta 1kg **£1.00**
- Cous cous wholewheat 1kg **70p**
- Can of tomatoes **40p**
- 1 x can Napolina lentils 400g **75p**
- Cheese from last week
- Cucumber **30p**
- Tomatoes x 6 **27p**
- Oranges x 5 **69p**
- Milk x 1 litre **80p**
- Pack 6 mini brioche **£1.00**
- Soreen Malt Loaf 260g **£1.20**
- Total: £9.93**

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

- 2 bread rolls
- 2 hot cross buns
- 2 apples
- 2 oranges
- 2 tomatoes
- 1 chicken drumstick
- 680g pasta
- 820g cous cous

LEEK MACARONI CHEESE Serves 4

Recipe

INGREDIENTS

- 2 Leeks, sliced into rounds around 1cm thick
- 3 tbsp butter or margarine
- 320g any pasta
- 1 garlic clove, finely chopped
- 1 tsp English mustard powder
- 3 tbsp plain flour
- 500ml whole milk
- 300g mature cheddar, grated

METHOD

1. Heat the oven to 200°C. Pan fry the leek until just soft, then set aside.
2. Boil the pasta for 2 mins less than stated on the pack, then drain. Meanwhile, melt the butter in a saucepan. Add the garlic and English mustard powder, cook for 1 min, then stir in the plain flour.
3. Cook for 1 min more, then gradually whisk in the milk until you have a lump-free sauce. Simmer for 5 mins, whisking all the time until thickened. Take off the heat, then stir in 250g of the mature cheddar.
4. Stir the pasta, half of the leeks into the cheesy sauce. Tip into a large ovenproof dish, or four individual dishes.
5. Scatter over remaining leeks and cheddar over the and top with the cheese and bake for 20 mins until crisp and golden.



CLICK HERE TO WATCH
OWEN COOK UP THIS
DELICIOUS LEEK
MACARONI CHEESE

Leeks

A RELATIVE OF ONIONS AND GARLIC, LEEKS FIRST GREW ON ISLANDS IN THE MEDITERRANEAN AND WERE CULTIVATED IN ANCIENT EGYPT FROM 2,000BC. THEY HAVE BEEN USED IN EUROPE AND THE UK SINCE THE MIDDLE AGES.

This plant is one of the traditional emblems worn by the Welsh on St David's Day as it is said to relate to the Welsh victory over the Saxons in AD 640, when Welsh soldiers wore them on their uniforms to tell them apart from the enemy.

The lower part of a leek is white and is used in everything from soups and stews to pies and stir-fries as well as being served as a vegetable in their own right.



SAVE
£1.88
PER PERSON AND
GET 2 OF YOUR
5 A DAY

| SUPERMARKET

CHICKEN CHOW MEIN
READY MEAL Vs HOMEMADE

Swaps

SUPERMARKET CHICKEN CHOW MEIN READY MEALS FOR FOUR PEOPLE

WHAT YOU NEED

4x 400g packs chicken chow mein ready meals

Total Cost Per Serving: £2.80

Total Cost Per Four Servings: £11.20

Per serving: 355kcal, 28g protein, 10.2g fat, 1.4g sat fat, 35g carbs, 5.2g fibre, 2.2g salt

HOMEMADE CHICKEN STIR FRY FOR FOUR PEOPLE

WHAT YOU NEED

2 x chicken breast cut into strips £1.70 (£1.70)

650g frozen stir fry vegetables mix £1.50 (£1.50)

60ml fresh orange juice £0.07 (£1.25 / litre)

20ml soy sauce £0.09 (£0.65 / 125ml)

15ml wine vinegar £0.04 (£1.20 / 500ml)

2 cloves garlic, crushed £0.06 (£0.25 per bulb)

200 ml vegetable stock £0.15 (£1.25 per 8 cubes)

20g cornflour £0.06 (£1.50 per 500g)

Egg Noodles 250g £1.00 (£1.00 per pack)

Total Cost Per Serving: 92p

Total Cost Per Four servings: £3.68

Spare Ingredients: 960ml orange juice, 105ml soy sauce,

485ml white wine vinegar, 6 cloves garlic, 7 stock cubes,

480g cornflour

Per serving: 377kcal, 30g protein, 10.9g fat, 1.8g sat fat, 35g carbs, 6.8g fibre, 2.2g salt

WHAT TO DO

Place chicken strips in a shallow dish. Whisk together orange juice, soy sauce and wine vinegar, add the sliced garlic and pour over the chicken pieces. Cover and put in the fridge for 1 hour. Strain the chicken and keep the liquid. Brush a large, non-stick frying pan very lightly with oil and when hot add the chicken and stir-fry for 5 minutes or until well cooked. Remove with a slotted spoon and set aside. Brush pan again with a little oil and add the frozen stir-fry mixed vegetables and fry for 5 minutes or until cooked. You may need to do this in two batches, depending on the size of the frying pan. Cook the noodles according to pack instructions. Return the chicken to the pan. Mix the juices you saved with the vegetable stock, honey and cornflour and stir into the vegetables and chicken. Cover the pan and simmer for 2-3 minutes. Season. Drain the noodles and serve at once, divided between four people and topped with the stir-fry.

VERDICT:

Our chicken stir fry almost matches the nutritional content of the supermarket ready meal in terms of protein, fat, carbohydrate and salt but it boasts more fibre and two of your 'five a day' of vegetables and fruit. It is made from a list of eight ingredients compared with 27 ingredients in the shop bought version.



SUNDAY SPECIAL

POTATO PEELING CRISPS

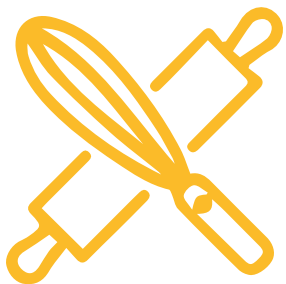
Recipe

INGREDIENTS

Potato peelings from your Sunday roast

METHOD

1. Make sure you wash and scrub the potatoes before you peel them.
2. Once peeled place the peelings onto a baking tray with baking paper underneath.
3. Then drizzle the peelings with a little oil and toss with some salt and pepper.
4. Roast in a hot oven (200C/180 fan/gas 6) for 25-30 mins and you will have delicious potato peeling crisps that you can either snack on straight away or keep in an airtight container to have later.
5. You can always toss in smoked paprika, chilli, cumin and your favourite herbs or sprinkle with sea salt and malt vinegar.



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



CLICK HERE TO SEE CHEF OWEN MAKING THESE AT HOME



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

Next week's edition will include the third week of Amanda's packed lunches so make sure you keep your left-over ingredients from this week, so you have them ready for next week's menu.

Owen will be bringing us his Sunday special as well as a selection of recipes that focus on seasonal produce. 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.

From our kitchen to yours.

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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