

= Vibrant food for bright ideas #EatTheRainbow



RECIPE BOOKLET



GREEN — January —

Vibrant food for bright ideas #EatTheRainbow

Green fruits and vegetables contain iron and folate. These are needed so we can make red bloods cells.

These cells are vital for transporting oxygen around our body to make our muscles move, our brain think and our heart beat.

Without folate and iron, you may not have enough red blood cells to be able to complete these functions. Therefore it is important to eat your green vegetables to make sure you are looking after your red blood cells so they can look after you.

Green fruits and vegetables include asparagus, broccoli, kale, brussels sprouts, spinach, peas, avocado and green kiwis.

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January

KALE CAESAR SALAD WITH TOASTED CHICKPEAS

SERVES



Ten

ALLERGENS



Sulphur Dioxide, Mustard, Eggs

INGREDIENTS



- 200g curly kale, stems removed and sliced
- 170g parmesan, grated
- 50ml olive oil
- 500g chickpeas, drained, rinsed
- 340g mayonnaise, light

- 3tbsp. lemon juice
- 2tsp. Dijon mustard
- 1tsp. garlic puree
- Lo salt, pinch
- Ground black pepper, pinch

METHOD (i)

- 1. Preheat the oven to 180°c.
- 2. In a bowl add the chick peas, oil and seasoning. Place onto a baking tray and bake in the oven for approx. 10 minutes, until golden and crispy. Remove from the oven and set aside to cool.
- 3. In a separate medium bowl, add the mayonnaise, lemon juice, mustard, garlic, two thirds of the parmesan and whisk to combine.
- 4. In a large bowl, add the kale, drizzle with dressing as desired, and toss to coat, check and adjust seasoning.
- 5. Transfer kale to a serving bowl, evenly top with grated Parmesan, chickpeas.



January

SPINACH & RICOTTA CANNELLONI

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS



- 20 cannelloni tubes
- 400g ricotta cheese
- 1kg spinach, frozen
- 150ml vegetable oil
- 100g baking margarine, softened
- 2 eggs, free range
- 300g grated mozzarella
- 2tsp. Garlic puree
- 1kg chopped tomatoes
- 2tsp. Dried oregano
- Lo salt, pinch
- Black pepper, ground, pinch



- 1. Preheat the oven to 180°c.
- 2. Add the chopped tomatoes, oregano and garlic puree to a large pan and bring to a simmer.
- 3. Simmer for 8-10 minutes, stirring occasionally until the sauce has thickened, then remove from the heat and set aside.
- 4. Steam the spinach for approx. 6 minutes, until cooked. Transfer the spinach into a colander and press to squeeze out any excess water and set aside to cool.
- 5. Once the spinach is cooled. Mix with the ricotta, egg and salt and pepper, mixing well and put into a piping bag.
- 6. Pipe this mixture into the cannelloni tubes, making sure they are filled well. Spoon some of the tomato sauce onto the base of a greased baking dish then arrange the filled cannelloni side-by-side in rows, making sure they are packed in tightly. Top the cannelloni with a little more sauce and sprinkle the mozzarella.
- 7. Bake for approx. 25 minutes and remove when the cheese is melted and bubbling, the pasta is cooked, and the filling is hot.
- 8. Allow to rest for a few minutes before serving.



January

COURGETTE, CHEESE AND CHILLI TARTLETS





Ten

ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS



- 500g courgettes, cut lengthways into thick slices
- 650g puff pastry, 1 sheet
- 200g cream cheese
- 125g cheddar, grated

- 20g red chilli, deseeded, finely chopped
- Parsley, small handful, chopped
- 3tbsp. Chilli oil
- Lo salt, pinch
- Ground black pepper, pinch



- 1. Preheat the oven to 180°c.
- 2. Line a baking tray with parchment. Defrost the pastry onto a lightly floured work surface, cut into squares and lay on the lined tray. Mark a border about 1cm in from the edge of the rectangles with the knife.
- 3. Place the cream cheese, cheddar, chilli, parsley, 1 tablespoon of chilli oil and the seasoning in a medium bowl and stir to combine.
- 4. Spoon the cheese mixture over each pastry rectangle and spread to the inside edge of the border. Lay the courgette on top. Brush the courgette and pastry borders with the remaining oil.
- 5. Bake for approx. 16 minutes, until the pastry is puffed up and golden.
- 6. Remove from the oven and allow to cool for a few minutes and then serve warm.

GREN January January



CHILLED CUCUMBER SOUP

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS

- 60g unsalted butter
- 1 onion
- 3 cucumbers
- 1½ltr chicken stock
- ½ chives, bunch
- ½ flat parsley, bunch
- 2 lemons
- 200ml single cream

METHOD (🗓

- 1. Peel and dice the onion and roughly chop the cucumbers.
- 2. Melt the butter in a large pan and sauté the onions over a medium heat for 4 to 5 minutes, or until softened.
- 3. Add the cucumber, reduce the heat to low and continue to cook for 5 minutes.
- 4. Add the stock, bring to the boil then reduce the heat again. Season well with sea salt and black pepper, and leave to simmer for 5 minutes.
- 5. Chop and add the chives, parsley leaves, squeeze in the lemon juice and cook for a further 5 minutes.
- 6. Transfer to a blender and puree until smooth. Place in a container and allow to cool, check seasoning and then refrigerate until cold. Then whisk in the cream.
- 7. Serve with a fresh squeeze of lemon, chopped herbs and season.





LEMONY LEEKS WITH CHICKPEAS AND FETA





Ten

ALLERGENS



Milk

INGREDIENTS



- 1kg leeks, sliced, washed and rinsed
- 1ltr tap water
- 5g vegetable bouillon
- 800g tinned chickpeas, drained
- 125g feta, crumbled

FOR THE DRESSING

- 2tbsp. Olive oil
- 1tsp. Honey
- 1 lemon, zest and juice
- 1 garlic clove, minced
- Lo salt, pinch
- Ground black pepper, pinch
- Dill, small handful, chopped



- 1. In a large pan, heat the water and bouillon until simmering, add the leeks, then cover and simmer for 5 minutes.
- 2. Meanwhile, make the dressing. Combine all the ingredients except for the zest and dill.
- 3. When leeks are just tender, remove from the pan to a bowl, leaving the remaining broth. Add the chickpeas to the pan and heat for about 1 minute, tossing to warm through. Add half the dill and mix.
- 4. Remove the pan from heat and serve the chickpeas mixed with the leeks and feta. Add the dressing, sprinkle with dill, lemon zest, and season.



January

LANCASHIRE PEA AND HAM SOUP





Ten

ALLERGENS 1



Celery

INGREDIENTS



- 450g marrowfat peas, dried, soaked overnight
- 750g green gammon
- 21/4ltr.water for the ham
- 15g celery stalks, finely chopped
- 175g carrots, peeled and chopped
- 300g onions, peeled and chopped
- Fresh thyme, sprigs
- ¼tsp. Cracked black peppercorns
- 21/4ltrs. Water for the soup
- 1tsp. Mint sauce
- Flat leaf parsley, small handful, chopped



- 1. Place your gammon joint in a large, heavy-bottomed pan and add 2.25 litres water. Bring to the boil and turn the heat down to simmer for 10 minutes. Remove the ham and discard the water. This helps to desalinate the ham.
- 2. Place the gammon, peas, celery, carrots, onions, thyme and black pepper in the pan, pour in another 2.25 litres water and bring to the boil. Cover and turn down the heat to create a nice slow simmer. Cook for 2 hours.
- 3. Remove the gammon and set it aside to cool. Once cooled, discard the fat and cut into 2cm pieces. Put them back in the soup and liquidise half of it. Stir the liquidised soup into the remaining soup for a nice thick chunky texture.
- 4. To serve, stir in the mint sauce and parsley and check the seasoning.





January

STILTON AND PEAR SALAD





Ten

ALLERGENS



Milk

INGREDIENTS

FOR THE DRESSING

- 2 lemons, grated and zest
- 100g pumpkin seeds
- 4tbsp. Water
- 20ml lemon oil
- 10ml honey

FOR THE SALAD

- 4 conference pears
- 2 romaine lettuce hearts, separated into leaves
- 100g blue stilton, crumbled into chunks
- 6 spring onions, thinly sliced
- Ground black pepper, pinch



- 1. To make the dressing, place the lemon zest in a mini food processor with 50g pumpkin seeds and whizz until finely chopped.
- 2. Add half the lemon juice, the lemon oil and water, then add the honey and season. Blitz the ingredients together again to make a creamy dressing.
- 3. Slice and core the pears and squeeze over the remaining lemon juice to stop them turning brown
- 4. Arrange the lettuce leaves, pears and cheese in a serving bowl.
- 5. Scatter over the remaining pumpkin seeds and the spring onions. Drizzle with the dressing and season with ground black pepper.

GREEN January



CANTERBURY APPLE TART



Ten

ALLERGENS

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Wheat, Eggs, Gluten

INGREDIENTS



- 100g baking margarine
- 200g plain flour
- 25g icing sugar, sifted
- 1 egg, beaten FOR THE FILLING
- 4 eggs

- 200g caster sugar
- 2 lemons, rind and juice only, grated
- 100g baking margarine, melted
- 2 large bramley apples (350g), peeled
- 2 dessert apples, peeled and thinly sliced
- 25q demerara sugar



- 1. Rub the baking margarine into the flour and icing sugar until it resembles fine breadcrumbs.
- 2. Stir in the beaten egg and bring together to form a dough.
- 3. Chill for about 30 minutes. Roll the dough out on a floured surface and line a round flan tin. Form a lip around the edge. Chill for a further 30 minutes while making the filling.
- 4. Preheat the oven to 200°c.
- 5. Beat the eggs, caster sugar, lemon rind and juice together in a large mixing bowl.
- 6. Stir in the warm melted baking margarine. Coarsely grate the Bramley apples directly into the mixture and mix well.
- 7. Remove the tart from the fridge and spread the runny lemon mixture over the base.
- 8. Level the surface with the back of a spoon and arrange the dessert apple slices around the edge, overlapping. Sprinkle over the demerara sugar.
- 9. Put on a heavy baking tray and bake in the oven for approx. 40-50 minutes, until the centre feels firm to the touch and the apples are tinged brown.
- 10. Remove from the oven and set aside to cool. Cut into wedges to serve.

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January

SUFFOLK SPINACH SOUP



Ten

ALLERGENS

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Milk, Celery

INGREDIENTS



- 50g baking margarine
- 2 spring onions, bunches, chopped
- 240g leeks, sliced
- 170g celery, sliced
- 400g potato, peeled and diced
- 2ltr. Vegetable stock
- 400g baby spinach leaves
- 300g crème fraiche
- Lo salt, pinch
- Ground black pepper, pinch

METHOD (6)



- 1. Heat the baking margarine in a large saucepan. Add the spring onions, leek, celery and potato. Stir and put on the lid. Sweat for approx. 10 minutes, stirring a couple of times.
- 2. Pour in the stock and cook for approx. 10 to 15 minutes until the potato is soft.
- 3. Add the spinach and cook for a couple of minutes until wilted. Use a hand blender to blitz to a smooth soup.
- 4. Stir in the crème fraiche. Reheat, season and serve.





January

SMOKED SALMON AND CUCUMBER SALAD





Ten

ALLERGENS



Sulphur Dioxide, Mustard, Milk, Fish

INGREDIENTS



- 150g smoked salmon, thinly sliced
- 2 large seedless cucumber
- 300g small tomatoes, halved and sliced into small pieces
- 1 red onion, very thinly sliced
- 2tbsp. Capers
- 1 watercress, bunches

- 100g crème fraiche, for garnish
- 30ml olive oil
- 30ml white wine vinegar
- 1tsp. Dijon mustard
- Dill leaves, small handful, chopped
- Ground black pepper, to taste
- Lo salt, pinch



- 1. To prepare the vinaigrette, whisk together the olive oil, vinegar, mustard, dill, salt and pepper until well combined.
- 2. Cut the cucumber in half, then thinly slice the cucumber, across the width and place in a bowl.
- 3. Scatter the onions and tomatoes over the cucumber. Add the thinly sliced salmon and watercress, then pour over the dressing.
- 4. Toss the salad, season and place in serving dish topped with crème fraiche and capers to serve.



January

DORSET APPLE & SULTANA CAKE

SERVES



ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS

- 175g baking margarine, plus extra for greasing
- 175g soft light brown sugar
- 3 eggs, free range
- 225g self-raising flour, sifted
- 1tsp. baking powder

- 2tsp. mixed spice
- 350g cooking apples, peeled, cored and cut into chunks
- 175g sultanas
- 75ml milk, semi skimmed
- 2tbsp demerara sugar

METHOD (



- 1. Preheat the oven to 160 degrees Celsius and grease and line a baking tin with baking parchment.
- 2. Put the butter and sugar in a large bowl and beat together until light and fluffy. Beat in the eggs, one at a time.
- 3. Sift in the flour, baking powder and mixed spice and beat until thoroughly mixed
- 4. Fold in the apples, sultanas and sufficient milk to make a soft dropping consistency.
- 5. Spoon the batter into the prepared tin and smooth the top of the cake level



January

BROCCOLI PESTO









None

INGREDIENTS



- 2 broccoli, chopped roughly into florets
- 2 garlic, cloves
- 2tsp. sea salt

- 100ml pomace oil
- 25g pumpkin seeds, lightly toasted
- 2 lemon, zested and juiced
- 40g parmesan cheese, grated



- 1. Boil a pan of water and when the water is boiling, blanch the broccoli until vibrant green, approx. one minute then strain. Place the broccoli in iced or very cold water and set aside to cool fully.
- 2. Place the garlic, salt, lemon juice and oil in a food processor and pulse until the garlic is finely minced and the mixture has formed a thick paste.
- 3. Strain the broccoli well and add to the processor. Pulse until it resembles fine bread crumbs. Add the seeds and pulse until just combined.
- 4. Empty the mixture from the processor into a bowl and stir through the grated parmesan and lemon zest.

GREEN Colombus





BROCCOLI AND OREGANO HUMMUS





Ten

ALLERGENS



Sulphur Dioxide, Sesame

INGREDIENTS



- 800g chickpeas, tinned, keep the
- 250g broccoli, blanched and refreshed
- 4 garlic, cloves
- 2tbsp. Tahini

- 3tbsp. Lemon juice
- ½tsp. Oregano
- 5tbsp. Pomace olive oil
- Lo salt, pinch
- Ground black pepper, pinch

METHOD (6)

- 1. Drain chickpeas reserving the liquid on the side.
- 2. In a blender, whizz together all the ingredients with 5 tbsp. of the reserved chickpea liquid until you have a smooth paste.
- 3. If needed, add more chickpea liquid to get the desired texture.
- 4. Season to taste.



January

THAI STYLE BROCCOLI FRIED RICE

SERVES



Ten

ALLERGENS



Wheat, Soya, Sesame, Eggs, Gluten

INGREDIENTS



- 3 broccoli, head, stalk chopped and cut into florets
- 3 red onion, chopped
- 4 garlic cloves, chopped
- Ginger, thumb-sized piece, chopped
- 2 lemongrass stick, thinly sliced
- 4tsp. Sesame oil
- 2 red chilli, finely sliced
- 2 red pepper, finely sliced

- 2 carrot, peeled into ribbons
- Mangetout a handful, halved
- 4tbsp. Soy sauce
- 2tsp. Caster sugar
- 1 lime, quartered, to serve
- 10 eggs, free range
- 100ml vegetable oil
- Pumpkin seeds, handful, toasted
- Lo salt, pinch
- Ground black pepper, pinch

METHOD (1)

- 1. Put the chopped broccoli stalk into a food processor and pulse until it is finely chopped like grains of rice. Tip out into a bowl and then repeat with the broccoli florets.
- 2. Put the onions, garlic, ginger and lemongrass in the food processor and pulse until finely chopped.
- 3. Heat the sesame oil in a non-stick frying pan and fry the onion mixture until lightly golden. Tip in the broccoli rice with 4tbsp. of water, ¾ of the chilli and all of the pepper, and fry for approx. 5 minutes, until the broccoli is cooked through and beginning to caramelise. Add in the carrot and mangetout.
- 4. Mix together the soy, sugar and the juice of two of the lime quarters, then tip this into the pan with a little seasoning.
- 5. Fry off the eggs in a little hot oil and set aside.
- 6. Cook for approx. 5 minutes until the sauce is coating everything. Place into a suitable serving dish and top with the top with the fried eggs, chopped pumpkin seeds, remaining chilli and the extra lime wedges for squeezing over.







VEGAN BROCCOLI SALAD

SERVES



Ten

ALLERGENS



Sulphur Dioxide

INGREDIENTS



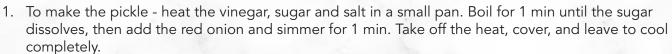
- 600g broccoli florets , broken into small pieces
- 400g carrots , peeled lengthways into large ribbons
- 50g dried apricots, chopped
- 100g pumpkin seeds, toasted, roughly chopped
- for the pickle
- 160ml white wine vinegar
- 2tbsp. Caster sugar

- Lo salt, pinch
- 3 red onion, finely sliced

FOR THE DRESSING

- 100ml pomace olive oil
- 2tbsp. Maple syrup
- 2 lemons , zested and juiced

METHOD (



2. Mix the broccoli, carrots, apricots and seeds in a large bowl. Add the cooled pickled onion, reserving the pickling liquid.

3. Whisk together the pickling liquid, oil, maple syrup and lemon zest and juice, along with 6tbsp. cold water.

4. Pour over the vegetables and mix until well coated.

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RECIPE BOOKLET