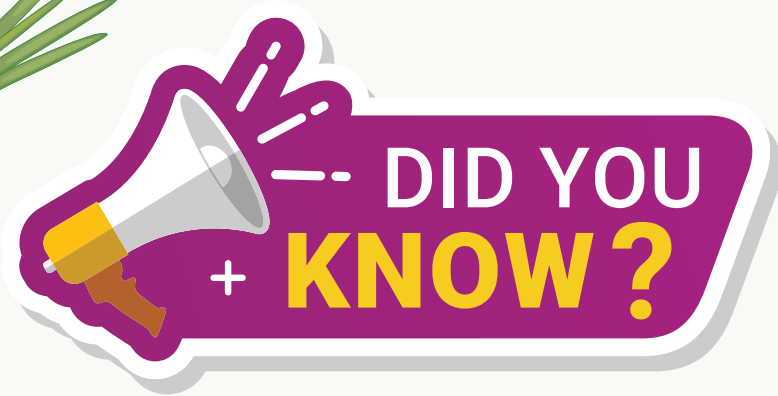




Eat the Seasons

- SEASONALLY FRESH, PERFECTLY PICKED -



Spring onions are named for their season of harvest, they're planted in autumn and ready to be picked in spring!



What's grown in March?
SPRING ONIONS





Seasonally Fresh

This month, we're celebrating spring onions being in season, and we can't wait for you to enjoy our delicious new recipe! Using perfectly picked ingredients we've added a savoury twist on a classic, our Marmite, Cheddar & Spring Onion Babka Loaf is bursting with rich and comforting flavours.

Spring onions are loved for their mild taste and crisp texture, they add a fresh burst of flavour to countless dishes. Did you know spring onions are young onions harvested before they fully mature? Whether sliced into salads, stirred into stir-fries, or used as a garnish, they bring colour, crunch, and a subtle oniony kick to your meals. Versatile and delicious, spring onions are the perfect way to brighten up your cooking!

Special days coming soon!

JOIN US IN APRIL!

You won't want to miss out on our April celebrations, we're marking St. George's Day with a special menu inspired by classic British flavours! From hearty favourites to traditional treats, we're serving up a feast fit for a hero. Did you know St. George's Day has been celebrated in England for over 700 years? It's the perfect time to enjoy great food, embrace tradition, and bring a taste of history to the table. Get ready for delicious dishes and patriotic fun!



WORD SEARCH:

- Knight
- Dragon
- England
- Sword
- Hero
- Castle

B	C	H	K	N	A	O	E	P	J
O	K	T	N	J	X	E	P	C	U
D	C	Z	I	E	A	C	Q	X	W
L	D	W	G	G	T	D	V	A	C
O	K	T	H	B	D	L	R	C	O
G	P	C	T	P	O	P	R	A	I
H	W	Y	X	W	W	N	U	S	H
E	N	G	L	A	N	D	D	T	E
S	W	O	R	D	E	Q	K	L	R
I	K	D	R	A	G	O	N	E	O

Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

DID YOU KNOW?

Spring onions are named for their season of harvest, they're planted in autumn and ready to be picked in spring!

What's grown in March?
SPRING ONIONS

SPRING ONIONS

Try out this recipe!

Marmite, Cheddar & Spring Onion Babka Loaf

Makes 1 loaf

Contains: Milk, Egg, Gluten, Celery

Ingredients:

- 420g strong white flour
- 2 eggs
- 18g yeast, active
- 5g lo salt
- 25g caster sugar
- 25g honey
- 120ml semi skimmed milk
- 170g margarine block

For the filling:

- 12 spring onion (each)
- 100g mild cheddar, grated
- 100g margarine block
- 30g marmite
- 20ml vegetable oil

Method:

For the dough:

1. Place the flour into the bowl of a mixer with a dough hook fitted and add the yeast to one side of the bowl and the salt and sugar into the other side.
2. Combine the eggs, milk and honey and whisk together. Add the milk mixture into the bowl of the mixer and then knead for about 3 minutes on the lowest speed.
3. Once the dough has come together, gradually add the melted butter into the bowl as the mixture kneads. Once the margarine has been absorbed into the bowl, turn up the speed to medium and knead for about 3 minutes or until the dough is elastic and shiny.
4. Transfer the dough into a lightly buttered bowl, cover and leave in the fridge to prove over-night for at least 6 hours.

For the filling:

1. Trim and wash the spring onions. Place them on a baking tray.
2. Drizzle the spring onions with oil, rubbing all over the onions. Roast them on high heat (200°C) for 8-10 minutes and leave to cool completely.
3. Combine the softened margarine and marmite and mix together until fully incorporated.

Assembling:

1. Lay out a sheet of parchment paper onto your work surface – this will help to roll up your babka.
2. Remove the babka dough from the fridge and then roll out on the baking parchment into a rectangle.
3. Evenly spread the marmite margarine over the surface of the dough and scatter over the grated cheese in an even layer.
4. Evenly distribute the spring onions over the cheese, running the length of the dough. (6 evenly spaced rows of spring onions with 2 spring onion per row).
5. Using the baking parchment to aid you, tightly roll up the babka as you would a Swiss roll.
6. Cut the dough in half lengthways to expose the internal layers. With the cut side facing upward, lay one half over the other to create an "X". Working from the centre outward, plait the dough on each side, finishing by tucking the two ends of the dough under themselves.
7. Transfer the plaited dough into a parchment lined loaf tin and leave to prove for 2-3 hours, cover loosely with cling film.

Baking:

1. Preheat the oven to 150°C.
2. Bake the babka in the oven for 1 hour and 15 minutes, brushing the top with egg wash after 1 hour.
3. Leave to cool before slicing.

If making these recipes at home, please refer to the packaging on the products you use for accurate allergen information

Compared to an average packed lunch an Accent school meal contains:

15%
LESS
SATURATED FAT

2x
THE FIBRE

46%
LESS
SALT

1/2
THE FREE SUGARS