



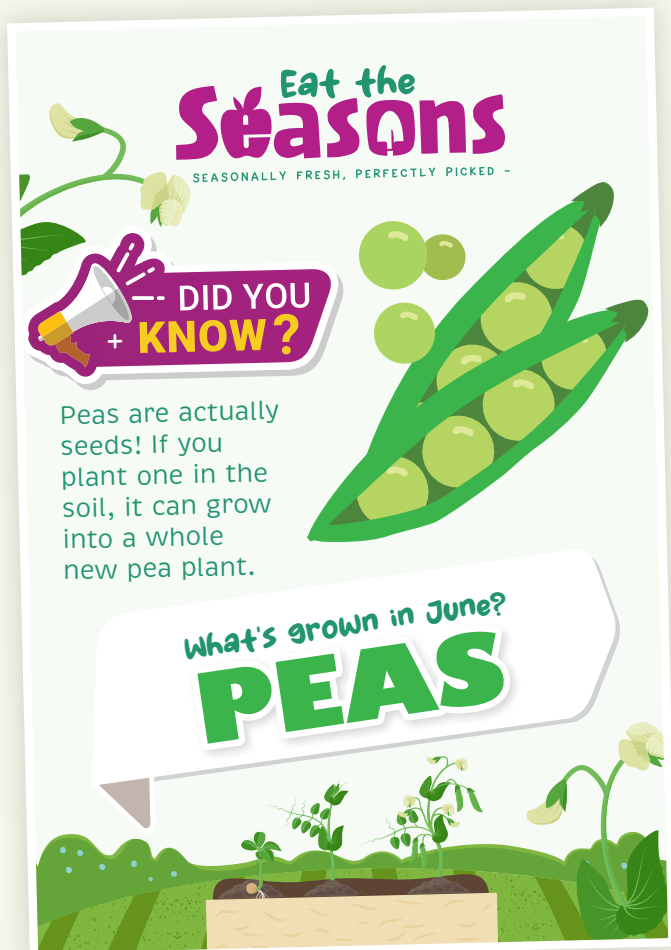
### Seasonally Fresh

This month we're celebrating peas, a small but mighty springtime star! Bursting with sweetness and bright green goodness, peas are popping up in our kitchen and inspiring some vibrant new seasonal dishes:

- Leek, Pea, Honey and Mustard Salad
- Pea and Parmesan Arancini

Sweet, tender and full of natural flavour, peas are at their peak in spring. Whether fresh, frozen or straight from the pod, they're a source of plant-based protein, vitamin C, and fibre, making them a feel-good favourite for any plate.

From creamy risottos to zesty salads or blended into dips, peas bring a pop of colour and comfort to any meal. We've had a lot of fun creating new recipes with them and we think you're going to love every bite.



### Plant your own peas!

#### What you'll need:

- A few dried peas (split peas won't work, try whole peas or sugar snap peas)
- A small cup or pot
- Cotton wool or soil
- Water
- A sunny windowsill



#### Instructions:

1. Place cotton wool or soil in the bottom of the cup.
  2. Press a few peas gently into it.
  3. Water lightly every day to keep it damp.
  4. Put the cup on a sunny windowsill.
  5. Watch them sprout!
- In a few days, you'll see little shoots.

### Can you help find these words?

Peas  
Shell

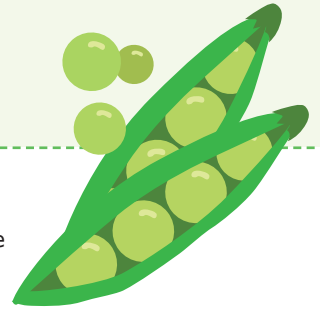
Green  
Garden

Pod  
Sprout

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

# PEAS

Try out these recipes!



## Leek, Pea, Honey & Mustard Salad

Makes: 5 portions

Contains: Mustard, Sulphur Dioxide

### Ingredients:

- 1 bunch leeks
- 350g peas
- 45ml olive oil
- 15ml white wine vinegar
- 7g honey
- 7g Dijon mustard
- 10g chopped flat leaf parsley
- 10g chopped fresh mint
- 3g coarse salt
- 2g ground black pepper

### Method:

1. Trim outer leaves of the leeks and cut off the top down to where the leaves split.
2. Cut the leeks into 3 to 4 chunks then wash really well to remove any grit.
3. Steam the leeks for approximately 4 minutes to soften.
4. Add the peas and cook for a further 2 minutes until both are tender. Remove from the steamer, refresh with cold water and drain well.
5. Whisk oil, vinegar, mustard and seasoning together in a bowl to make the vinaigrette.
6. Add the cold vegetable and fresh herbs and mix well to serve.

## Pea & Parmesan Arancini

Makes: 30 Arancini

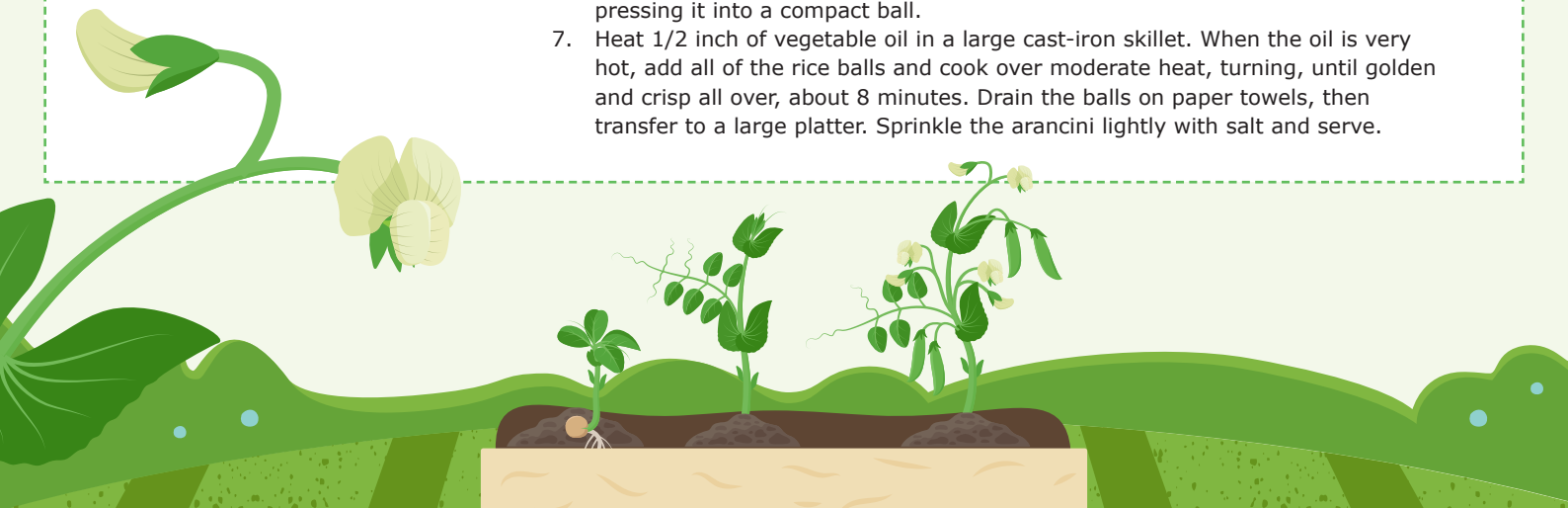
Contains: Gluten, Milk, Egg

### Ingredients:

- 1.5l chicken stock
- 30g unsalted butter
- 250g cup finely chopped shallots
- 300g arborio rice
- 60g grated parmesan cheese
- 5g salt
- 3g ground pepper
- 10g finely chopped parsley
- 4 large eggs
- 60g all-purpose flour
- 150g fine dry bread crumbs
- 200g frozen peas
- 250ml vegetable oil

### Method:

1. Bring the chicken stock to a simmer in a medium saucepan; keep warm.
2. Melt the butter in a medium saucepan. Add the shallots and cook over moderate heat, stirring occasionally, until softened, about 3 minutes. Add the rice and cook, stirring, for 4 minutes.
3. Add 1 cup of the stock to the pan and cook, stirring gently, until all the stock is absorbed. Add the remaining stock, 1/2 cup at a time, and cook, stirring gently, until the rice is al dente, about 25 minutes. Stir in the Parmesan, 2 teaspoons of salt and 1/4 teaspoon of pepper. Add the frozen peas and stir thoroughly.
4. Transfer the risotto to a heatproof bowl and let cool for 10 minutes. Stir in the parsley and 1 egg. Press a piece of plastic wrap directly onto the rice and refrigerate the risotto for at least 4 hours or, preferably, overnight.
5. Line a baking sheet with wax paper. In a shallow bowl, beat the remaining 3 eggs. Put the flour and bread crumbs on separate plates. Season the bread crumbs with salt. Using moistened hands, form 1 heaped tablespoon portions of the rice into balls and place on the baking sheet.
6. Dredge the rice balls in the flour, tapping off any excess. Working with one at a time, dip each ball in the egg, then coat with bread crumbs, rolling and pressing it into a compact ball.
7. Heat 1/2 inch of vegetable oil in a large cast-iron skillet. When the oil is very hot, add all of the rice balls and cook over moderate heat, turning, until golden and crisp all over, about 8 minutes. Drain the balls on paper towels, then transfer to a large platter. Sprinkle the arancini lightly with salt and serve.



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