



Seasonally Fresh, Perfectly Picked

This month, we're celebrating squash, one of autumn's tastiest treasures and we can't wait for you to enjoy our fresh, tasty recipes! We've added two new squash dishes to our menu: Squash Bundt Cake with Butterscotch Sauce & Dates and Wholemeal Penne with Butternut Squash Polpettes with Rich Tomato Sauce.

Squash isn't just delicious, it's full of vitamins A and C, which help support growing bodies and strong immune systems. Whether roasted, mashed or blended, squash brings a pop of colour and a boost of nutrition to your plate!

Fun fact: Did you know some squash varieties were first grown over 10,000 years ago, making them one of the oldest known crops?



Bonfire Night coming soon!

JOIN US IN NOVEMBER!

You won't want to miss our Bonfire Night celebration this November, we're bringing the sparkle of the fireworks into our kitchens, with a colourful menu that's sure to warm everyone up - it's going to be a lunchtime full of fun!

Did you know? The very first Bonfire Night was held over 400 years ago, back in 1606, and people have been celebrating with fireworks, sparklers and toasty treats ever since.



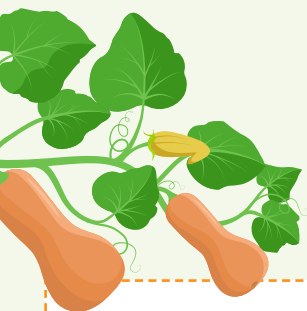
Pumpkin Carving Tips & Tricks

Whether its spooky, silly or full of smiles, pumpkin designs are a fantastic way to celebrate the season together.

-  Cutting the bottom, not the top makes scooping easier and you don't have to worry about the lid.
-  Thinning the pumpkin's walls, using a spoon or scraper, will make them softer and easier to cut.
-  Poking your design with pinpricks or a skewer first can act as a dot-to-dot guide when cutting.

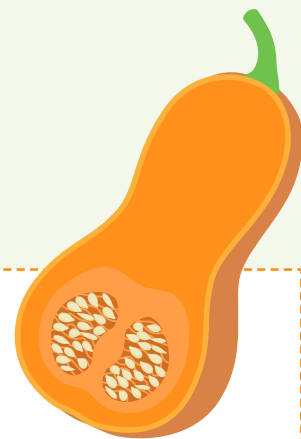
Once your spooktacular creation is complete, we'd be delighted to showcase some of your designs on our social media, so snap a photo and send it to us at social@accentcatering.co.uk





SQUASH

Try out these recipes!



Wholemeal Penne Pasta with Butternut Squash Polpetta in a Rich Tomato Sauce

Serves 10

Ingredients:

- 500g wholemeal penne pasta
- Salt
- Pepper
- Oil

For the Polpetta:

- 2 summer squash
- 1 egg
- 50g grated parmesan cheese
- 100g breadcrumbs
- Sage

For the Rich Tomato Sauce:

- 1kg chopped tomatoes
- 100g tomato paste
- 150g onions
- 1tbsp garlic paste
- Fresh basil

Method:

1. Finely dice the onions and garlic, then gently sweat them in a pan with a splash of oil until soft. Stir in the tomato paste and cook for a couple of minutes.
2. Add the chopped tomatoes and seasoning along with a splash of water. Simmer over a low heat until the sauce reduces into a thick, rich consistency.
3. Meanwhile, grate the squash and squeeze out any excess moisture.
4. In a large bowl, combine the grated squash, egg, breadcrumbs, Parmesan, sage, and seasoning. Mix until the mixture holds together, then shape into small balls. Chill in the fridge for one hour to firm up.
5. Heat oil in a pan to 180°C. Carefully lower in the polpetta, frying gently and turning often, until golden brown. Remove with a slotted spoon and drain on kitchen paper to absorb excess oil. Set aside.
6. Bring a pot of salted water to a boil and cook the pasta.
7. Drain the pasta and toss it through the tomato sauce. Serve topped with the golden squash polpetta.

Squash Bundt Cake with Butterscotch & Dates

Serves 10

Ingredients:

For the Cake

- 350g butter
- 400g plain flour
- 1/2tsp baking powder
- 500g brown sugar
- 6 eggs
- 280g cooked and mashed butternut squash at room temperature
- 1tbsp vanilla essence
- 115g dates
- Pinch of salt

For the Butterscotch Glaze

- 45g butter
- 100g light brown sugar
- 180ml double cream
- 1/4tsp salt
- 1tsp vanilla essence

Method:

For the Cake

1. Melt the butter in a saucepan over medium low heat and brown lightly, cool down.
2. Preheat the oven at 170 degrees and grease and dust a 25cm cake tin.
3. Mix together flour, cinnamon, baking powder and salt,
4. In a separate bowl, beat the brown sugar and browned butter together until light and fluffy. Add the eggs one at a time, beating well after each addition, then mix in the pumpkin purée.
5. Fold in the dry ingredients and the vanilla, and pour the batter in the cake tin,
6. Bake in the oven for 1 hour and 10 minutes or until golden brown and cooked in the centre, cool in the pan for at least 20 minutes before taking it out of the tin and finish to cool on a wire rack.

For the Butterscotch Glaze

1. Melt the butter in a pan over medium heat, whisk in the sugar, add a quarter of the cream and boil to reduce until thickened and darkened.
2. Remove from heat and whisk in the remainder of the cream and vanilla slowly until a pourable consistency is achieved.
3. To finish, pour the warm sauce over the cake and decorate with dates.

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