

CH  
& CO

# LEARNING FROM HOME

*In this edition*

**EATING WITH OTHERS**

**SEASONAL INGREDIENT** BROCCOLI

**SUPERMARKET SWAPS** SPAGHETTI & MEATBALLS

**SUNDAY SPECIAL** SMOKEY HUMMUS

**PLUS RECIPES & MUCH MORE...**

FROM THE *Kitchen*

WEEK EIGHT

# 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 and looking forward to your return to the classroom. 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 broccoli, our Consultant Nutritionist, Amanda looks at the benefits of communal eating.

Our Head of Food Owen shows us how to make some delicious snacks using chickpeas.



Happy Cooking and Happy Eating.

*Kitchen Team*

Your Kitchen Team

# Eating with others



**Our Nutritionist Amanda Ursell looks at the benefits and joy of eating with others.**



Of all the things we have missed most from being away from school, it is probably seeing our friends and in the case of teachers, colleagues. The laughs and smiles, the help they give us in the classroom, staffroom, and the playground. Even the disagreements and fall outs are things that many of us will be seeing in a new light when we walk once again, through the school gates.

And of course, there is lunchtime, that moment in the day, when we plonk ourselves down, relax and have a catch-up, over something to eat. Whatever it is we sit down to lunch on and wherever this takes place on return to school, simply being able to do it again with friends and colleagues will be a million miles from what was possible during lockdown.

In some ways, we hardly need scientists to tell us the 'good things' that come from eating together but when you look at research that has been carried out, they point out that sharing food with others often marks special days in religious calendars, in the celebration of special occasions like birthdays and weddings, passing exams, getting a new job and for a myriad of other reasons.

With lives being so hectic these days and when sometimes it is hard to eat together with our families or friends once we arrive home, this can make school lunchtimes a particularly important part of our day. A moment when we can sit down feeling tired, stressed, worried or sad and leave feeling more energised, happier, less stressed, and ready for the afternoon ahead.

Nobody can guarantee that we'll leave every school lunch skipping with joy, but when something is bothering us, when we need a lift, some advice; to switch off or just a bit of a laugh, there is nothing quite like sitting down with others and tucking into something to eat to give us the perfect opportunity get things off our chest, share news, and have some fun. And goodness knows, most of us are looking forward to that!

## SOY ROASTED BROCCOLI

Serves 4

## Recipe

### INGREDIENTS

- 1 head broccoli around 400g
- 2 cloves garlic sliced
- 20ml sunflower oil
- 50g toasted mixed seeds
- 10g pickled ginger (optional)
- Seasoning

### METHOD

1. Heat oven to 200°C.
2. Cut the broccoli florets from the stalk, (keep the stalk for soup and stir fries).
3. Mix florets and stem pieces with sunflower oil and garlic in a bowl and transfer to a baking tray, season with salt and pepper.
4. Roast in the preheated oven until broccoli is tender and lightly browned, about 18 minutes.
5. Remove from oven and add the soy sauce, pickled ginger, toasted seeds and toss together and serve.



# Broccoli

HIDDEN BENEATH ITS DARK GREEN COLOUR LIE NOT ONLY A HOST OF OTHER COLOUR YELLOW AND ORANGE PIGMENTS, ALONG WITH AN EXTRAORDINARY STASH OF BENEFICIAL PLANT COMPOUNDS. AT THE TOP OF THE LIST ARE TONGUE-TWISTERS LIKE ISOTHIOCYANATES AND SULFORAPHANE, WHICH HELP TO EARN BROCCOLI ITS SUPER FOOD STATUS.

If you find broccoli a bit on the bitter side, then you are in good company. Former US president George Bush felt the same and banned it from the White House menu. Our chefs say this is a shame because if you make a soup with broccoli that has milk as an ingredient or if you try serving in a cheese sauce, you can disguise some of the bitterness and you may find that you can learn to love this delicious super-veg.



SAVE  
**£3.67**  
PER FAMILY

# SUPERMARKET

SPAGHETTI AND MEATBALLS  
READY MEAL Vs HOMEMADE

Swaps

## SUPERMARKET SPAGHETTI AND MEATBALLS

£2.50 per 1 x 400g meal  
£10.00 per 4 x 400g meals

**Per serving:** 478kcal, 30g protein, 17g fat, 5.5g sat fat, 49g carbs, 11g sugars, 5.8g fibre, 1.7g salt

## HOMEMADE SPAGHETTI AND MEATBALLS

£1.58 per meal  
£6.33 per 4 x 558g meal

**Per serving:** 586kcal, 41g protein, 14g fat,  
4.4g sat fat, 69g carbs, 13g sugars, 13g fibre, 1.4g salt

### WHAT YOU NEED

Onion x 1 £0.36  
Garlic cloves x 2 £0.05  
Olive oil £0.18  
Canned tomatoes 2 x 400g cans £0.56  
Stock cube £0.16  
5% fat lean beef mince 400g £1.90  
Egg x 1 £0.15  
Worcestershire Sauce x 150ml £1.60  
Carrot x 1 large £0.07  
Parsley £0.25  
Spaghetti wholegrain x 360g £0.39  
Parmesan cheese £0.66

### VERDICT:

Making your own spaghetti with meatballs saves you 92p per person and £3.67 for a family of four, while delivering an extra 158g of serving per person. The homemade version has 108 more calories, 11g more protein but 3g less fat and a gram less of saturated fat. It is also lower in salt while packing in over twice the fibre, with one serving giving almost half of your daily 30g target. The homemade version is rich in vitamins A, E, C and a host of B vitamins along with iron for energy, zinc and selenium needed for strong immunity, potassium for blood pressure and phosphorus, which we need for our bones.

### WHAT TO DO

1. Make a tomato sauce by peeling and finely chopping an onion and two cloves of garlic.
2. Heat 3 tablespoons of olive oil in a pan and add the onion. Stir regularly over a medium heat for 6 minutes and then add the garlic, stirring for a further two minutes.
3. Add the cans of tomato, and stock, stir well and simmer gently for 15 minutes.
4. Meanwhile make the meatballs by mixing the minced beef in a bowl with an egg beaten together with four dashes of Worcestershire sauce. Grate the carrot and finely chop the parsley and stir in, mixing really thoroughly.
5. Divide mix into twelve, forming each into a meatball. Carefully place into the pan with the sauce and simmer gently for another 15 minutes.
6. While simmering, cook 400g of pasta according to pack instructions. Drain.
7. Remove the meatballs from the sauce with a slatted spoon and set aside. Add the pasta to the sauce and combine well until all the pasta is coated.
8. Divide between four plates and top each plate of pasta with three meatballs then serve, sprinkled with a teaspoon each of the Parmesan cheese (optional).



# SUNDAY SPECIAL

## SMOKEY HUMMUS

## Recipe

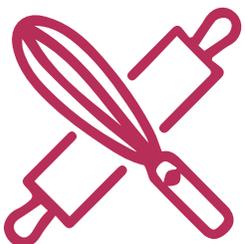
### INGREDIENTS

#### Roasted smokey chickpeas

1 can chickpeas  
1 tsp Smoked paprika  
1 tsp Garlic granules  
30 ml Sunflower oil  
Seasoning

#### Hummus

1 can chickpeas  
Half lemon  
1 garlic clove  
5 tbsp chickpea water  
2 tbsp olive oil  
Season to taste



### METHOD

1. For the roasted smokey chickpeas, heat oven to 200°C.
2. Drain the chickpeas and tip into a bowl add the smoked paprika, garlic and sunflower oil toss well until the chickpeas are well coated and then tip out onto baking tray and bake for 35mins, moving them around halfway through so they dry out evenly and leave to cool.
3. For the hummus, drain chickpeas, keeping the water, tip the chickpeas, garlic, squeeze in the lemon juice, olive oil and chickpea water into the blender and blend until smooth and season. Place into bowl and finish with some olive oil.
4. Top with the smokey chickpeas and toasted seeds.

**BRINGING YOU SOME TASTY TREATS YOU CAN PREPARE OVER THE WEEKEND TO ENJOY DURING THE WEEK.**



**CLICK HERE TO SEE OWEN MAKING THIS AT HOME**



## WE HOPE YOU HAVE ENJOYED OUR LEARNING FROM HOME SERIES

Thank you for joining us over the last eight weeks and we hope you will save these issues so you can refer to the recipes in the future and continue to cook and bake at home.

We are really looking forward to seeing you when you return to school.

*Kitchen Team*

Your Kitchen Team

Email your pictures to:  
[EDuConference@chandcogroup.com](mailto: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!



**CH&CO**

550 Thames Valley Park, Reading, Berkshire, RG6 1PT

T: 03330 141 777 [www.chandcogroup.com](http://www.chandcogroup.com)