



Seasonally Fresh

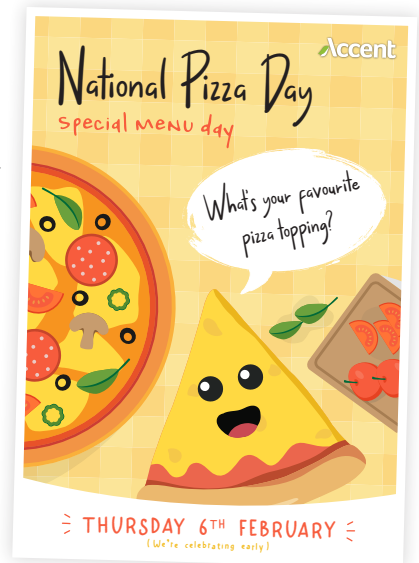
This month, we're thrilled to showcase rhubarb at its seasonal peak, and we can't wait for you to enjoy our fresh, vibrant recipes! Featuring perfectly chosen ingredients, we've created two delicious new additions to our menu: Rhubarb Meatballs with Rhubarb BBQ Sauce and a Rhubarb Tart.

Rhubarb is a tangy and tasty treat – with its bright pink stalks and tart flavour, rhubarb is as fun to eat as it is to cook with. Did you know rhubarb is technically a vegetable, but is often mistaken for a fruit? From yummy pies to sweet jams, rhubarb adds a delicious twist to your favourite treats. Plus, it's packed with vitamins and minerals that help keep you strong and healthy. So, grab a stalk and add a little sweetness to your cooking!

National Pizza Day coming soon!

JOIN US ON THE 6TH FEB!

We're starting February with National Pizza Day celebrations! This fun-filled day is all about one of the world's favourite foods – pizza! Pupils can enjoy a delicious menu featuring classic and creative pizza options, offering a slice of joy for everyone. It's a great way to experience new flavours and toppings. Did you know, Margherita pizza got its name from Queen Margherita of Italy! In 1889, a chef made her a special pizza with tomato, mozzarella, and basil to match the colours of the Italian flag – red, white, and green!



WORD SEARCH:

- Pizza
- Crust
- Topping
- Cheese
- Slice
- Oven

X	E	P	C	T	U	F	P	Y	N
Y	S	I	H	Y	U	S	K	R	J
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Eat the Seasons
- SEASONALLY FRESH, PERFECTLY PICKED -

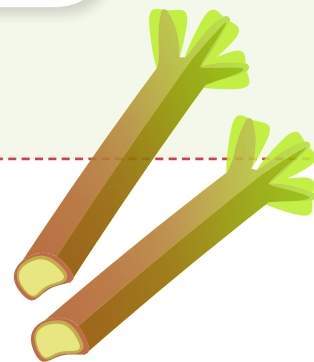
DID YOU KNOW?

Rhubarb grows very quickly. It is said you can even hear popping and creaking sounds as it grows!

What's grown in January?
RHUBARB

RHUBARB

Try out these recipes!



Rhubarb Meatballs with Rhubarb BBQ Sauce

Serves 10

Contains: Gluten, Egg, Sulphur Dioxide

Ingredients:

For the meatballs:

- 600g minced beef
- 150g rhubarb, finely chopped
- 50g breadcrumbs
- 1 egg
- Pinch of salt
- Pinch of pepper
- Chopped parsley, small handful

For the Rhubarb BBQ sauce:

- 500g rhubarb, finely chopped
- 500g ketchup
- 100g soft brown sugar
- 30g white wine vinegar
- 5g garlic powder

Method:

For the meatballs:

1. Preheat the oven to 190°C.
2. In a large bowl, combine the beef, finely chopped rhubarb, breadcrumbs, eggs, salt, pepper and parsley.
3. Mix well until all ingredients are combined.
4. Form the mixture into meatballs (about 30g each, to yield around 20 meatballs).
5. Place the meatballs on a baking sheet lined with parchment paper.
6. Bake for 20-25 minutes until cooked through and browned.

For the sauce:

1. In a saucepan, combine all ingredients and simmer on a medium heat for about 20 minutes until thickened, allow to cool.
2. Let cool and serve with the meatballs.

Rhubarb Tart

Serves 10

Contains: Gluten, Egg, Milk

Ingredients:

- 100g oats
- 30g soft brown sugar
- 1 egg
- 350g rhubarb
- 160g puff pastry sheet
- 15g honey
- 200g crème fraiche

Method:

1. Preheat the oven to 180°C. Line a baking tray with baking parchment.
2. Place the oats in a small bowl with the sugar and mix well.
3. In a separate small bowl, beat the egg until smooth.
4. Lay out the pastry on a work surface. Trim to fit your baking tray. Using the tip of a knife, make an incision all the way around at about 2.5cm from the outside edge. Do not cut all the way through. The rhubarb will sit within the resulting 'frame'. Transfer to a piece of baking parchment so you can move it around freely.
5. Trim the tough ends and leaves off of the rhubarb. Cut each stalk to fit the short side of your tray minus the border you have just traced.
6. Cut four strips out of the remaining pastry. Brush the scored pastry 'frame' with the beaten egg, then lay the strips of pastry over it. You don't want the strips to overlap so place each strip flush against the next and continue all the way around to make a frame. If at any point the pastry feels warm and is hard to work with, transfer to the fridge to chill for 10 minutes. Brush the strips with more egg wash.
7. Prick the base all over with a fork then scatter three quarters of the oats mixture over it evenly.
8. Transfer the pastry to a baking tray and bake for 15 minutes. Remove from the oven and arrange the rhubarb as tightly and neatly as possible in a row inside the frame.
9. Scatter the remaining oats and sugar haphazardly over the rhubarb and flick a little water over it. Bake for a further 15-20 minutes until the pastry is golden, the base is crisp, and the rhubarb tender.
10. To serve, brush the rhubarb with a little warmed honey and cut into portions.
11. You can add a dollop of crème fraiche to 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