



Seasonally Fresh, Perfectly Picked

There could only be one vegetable to pick out for December! This month, we're of course celebrating Brussels sprouts, a staple on the Christmas dinner plate and also in our fresh and tasty December recipes that include a Brussels Sprouts Chocolate Chip Cake and Crispy and Cheese Smashed Brussels Sprouts!

If our recipes aren't already tempting enough then wait until you hear that Brussels sprouts are packed with Vitamin K and C, fibre and antioxidants!

Fun fact: Did you know that they really are named after the capital of Belgium, Brussels? They became a popular crop to grow in the city, possibly as early as the 13th century.

Can you help find these words?

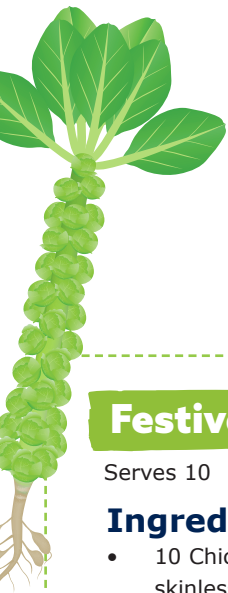
- Sprouts
- Patch
- Round
- Crunchy
- Stalk
- Leafy

V	N	F	V	K	S	R	R	N	J
W	N	W	Y	J	T	P	O	G	E
P	H	A	P	V	A	W	U	L	A
L	A	S	F	O	L	P	N	E	N
D	Z	T	P	D	K	D	D	A	X
V	W	Q	C	R	O	V	N	F	U
R	L	T	V	H	O	V	N	Y	U
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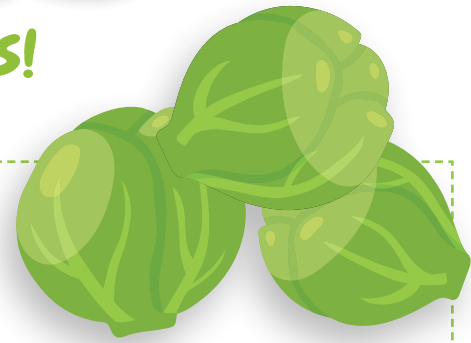
Colour in the Junior Sprout!





SPROUTS

Try out these recipes!



Festive Burger with Sprout Slaw

Serves 10

Ingredients:

- 10 Chicken Thigh, boneless and skinless
- Sage, small handful, chopped
- 1 Lemon
- 30ml Vegetable Oil
- 2g Low Sodium Salt
- 2g White Pepper
- 10 Unseeded Burger Buns, Sliced
- Orange & Cranberry Chutney

For the Brussel Sprout Ranch Slaw

- 500g Red Cabbage
- 200g Carrots
- 200g Red Onions
- 250g Brussel Sprouts
- 125g Red Pepper
- 300ml Mayonnaise
- 100ml Tomato Ketchup
- 5g Smoked Paprika
- 2g Low Sodium Salt
- 2g White Pepper

Method:

For the Brussel Sprout Ranch Slaw

1. Peel the carrots and grate, finely slice the red onions and sprouts, remove the core from the red cabbage and finely shred.
2. In another bowl, mix the mayonnaise, tomato ketchup and paprika until combined then fold into the vegetables. Season to taste.

For the Festive Burger

1. Marinate the chicken thighs in lemon zest, lemon juice, chopped garlic, vegetable oil salt and pepper, mix well.
2. Arrange the chicken thighs on pre lined with parchment paper tray.
3. Cook the chicken thighs in the preheated oven at 180°C for approx. 15 minutes.
4. Spread a thin layer of orange & cranberry chutney on the bottom bun. Place a cooked chicken thigh (whole or sliced) on top. And top with the other half of the bun.

Crispy & Cheesy Smashed Brussel Sprouts

Serves 10

Ingredients:

- 1kg Brussels sprouts
- 200g Pepperoni Slice
- 150g Cheddar cheese, grated
- 80g Breadcrumbs
- 1tsp Oregano, dried
- 1tsp Garlic powder
- Salt
- Pepper
- Oil

Method:

1. Bring a pot of water to a boil. Add the Brussels sprouts and cook for about 10 minutes, until fork-tender. Drain well and allow to cool slightly.
2. Preheat the oven to 200°C. Line a baking tray with baking paper and drizzle it lightly with oil.
3. Arrange the Brussels sprouts on the tray. Using a potato masher, gently press each sprout to flatten it slightly.
4. Finely chop the pepperoni and scatter it evenly over the smashed sprouts.
5. Drizzle a little more oil over the sprouts, then sprinkle with grated cheddar, breadcrumbs, oregano, salt, and black pepper.
6. Bake for 15–20 minutes, or until the sprouts are golden and crisp around the edges.
7. Serve hot.

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