

THIS MONTH, IT'S ALL ABOUT NEW POTATOES

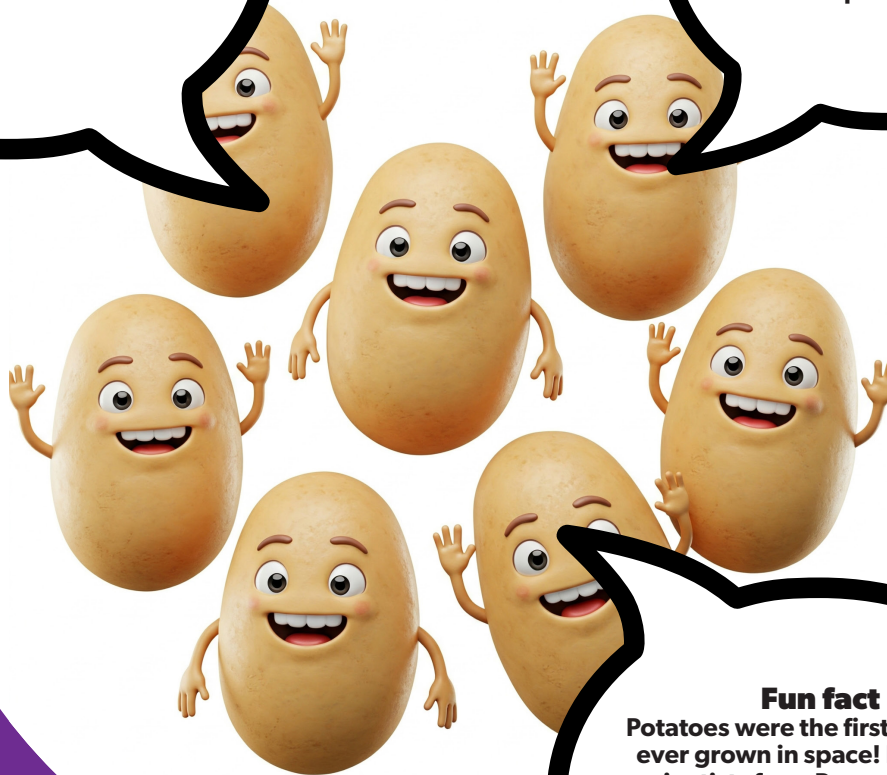
Simple, Seasonal, Sensational!

Did you know?

New potatoes aren't a special type - they're just regular potatoes harvested early while the skin is still thin and the texture is extra soft.

Why we love them

New potatoes have a tender skin and creamy texture, so there's no need to peel them - just wash and cook for a quick and tasty dish



Fun fact

Potatoes were the first vegetable ever grown in space! NASA and scientists from Peru grew them aboard the Space Shuttle in 1995 to explore ways of feeding astronauts on long space missions

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'
FAVOURITE TASTY NEW POTATO RECIPES!

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FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS

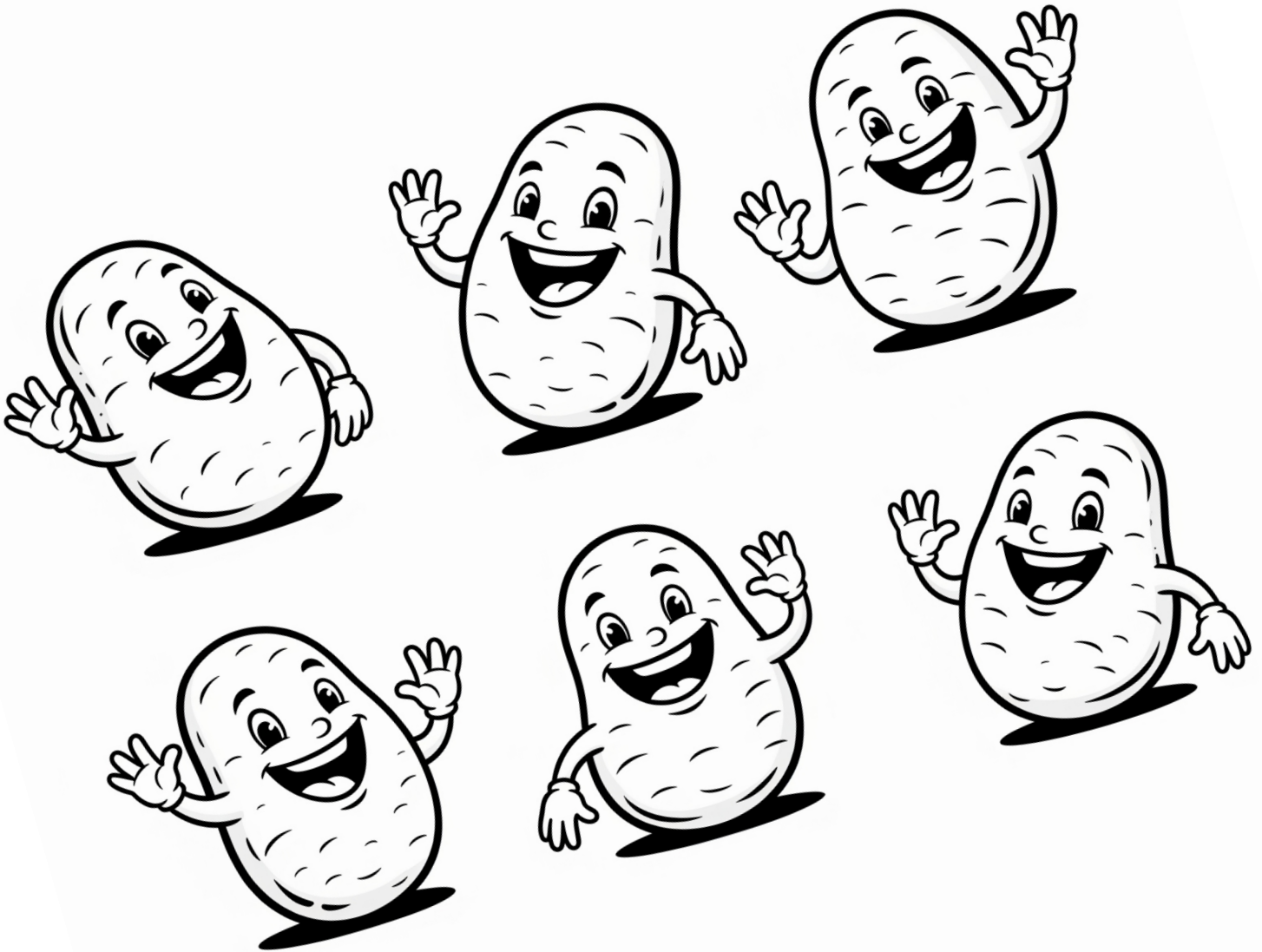


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RECIPE

NEW POTATO, PEA AND MINT SALAD (COLD SALAD)

INGREDIENTS

- New potatoes - 625g
- Frozen peas - 150g
- Fresh mint (chopped) - a few sprigs
- Low-fat crème fraîche - 125ml
- Salt and pepper - to taste

METHOD

1. Boil new potatoes until tender, then cool and halve.
2. Cook peas briefly in boiling water, drain and cool.
3. Mix crème fraîche, lemon juice, chopped mint, salt, and pepper in a bowl.
4. Combine potatoes and peas with dressing. Chill before serving.

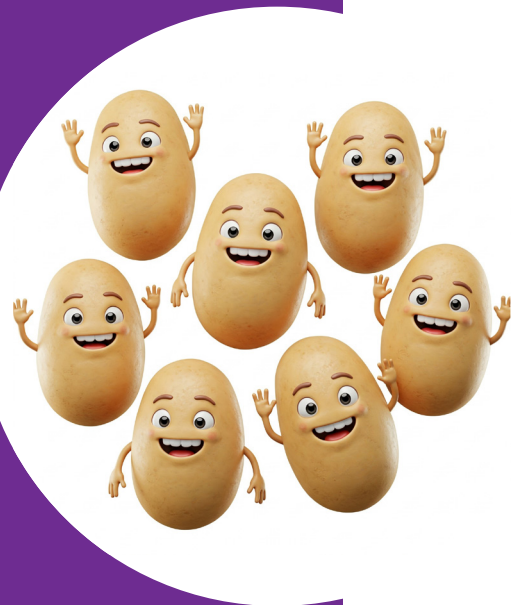
CHEESY BAKED NEW POTATOES

INGREDIENTS

- New potatoes (halved) - 625g
- Cheddar cheese (grated) - 150g
- Olive oil - 37ml
- Mixed herbs - ½ tsp
- Salt - to taste

METHOD

1. Preheat oven to 200°C.
2. Toss halved potatoes in oil, herbs, and salt.
3. Roast for 25-30 minutes.
4. Sprinkle with cheese and return to oven for 5-10 minutes until melted and golden.



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RECIPE

MINI NEW POTATO FRITTATAS

INGREDIENTS

- New potatoes (boiled and sliced) - 500g
- Eggs - 4 to 5
- Milk - 75ml
- Grated cheese - 100g
- Spring onions (chopped) - ¼ bunch
- Oil - for greasing

METHOD

1. Preheat oven to 180°C. Grease muffin tins.
2. Layer potatoes and spring onions into tins.
3. Whisk eggs, milk, and cheese together.
4. Pour into tins and bake for 20-25 minutes until golden and set.

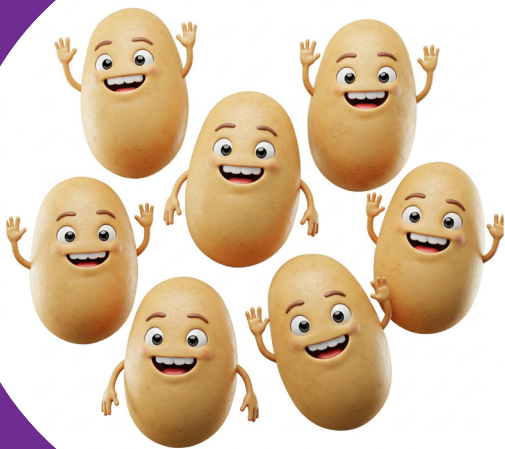
CREAMY NEW POTATO AND CARROT MASH

INGREDIENTS

- New potatoes - 500g
- Carrots - 375g
- Butter - 50g
- Milk - 100ml
- Salt - to taste

METHOD

1. Peel and boil potatoes and carrots until soft (about 20-25 minutes).
2. Drain and mash with butter and milk until smooth and creamy.
3. Season with salt and serve warm.



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RECIPE

HERBY NEW POTATO WEDGES

INGREDIENTS

- New potatoes (cut into wedges) - 625g
- Olive oil - 37ml
- Dried mixed herbs - ½ tsp
- Paprika - ½ tsp
- Salt - to taste

METHOD

1. Preheat oven to 200°C.
2. Toss potato wedges with oil, herbs, paprika, and salt.
3. Spread on a baking tray and roast for 30-35 minutes, turning halfway.

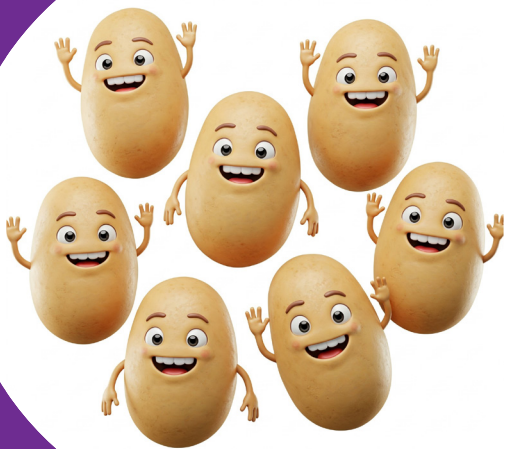
NEW POTATO AND VEGGIE HASH

INGREDIENTS

- New potatoes (cubed) - 625g
- Red pepper (chopped) - 1
- Onion (chopped) - ½
- Sweetcorn - 100g
- Olive oil - 37ml
- Garlic - ½ to 1 clove

METHOD

1. Heat oil in a large frying pan.
2. Cook cubed potatoes until golden and crispy.
3. Add chopped pepper, onion, garlic, and sweetcorn.
4. Sauté for 5-7 minutes until everything is soft and lightly browned.
5. Season and serve warm.



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THIS MONTH, IT'S ALL ABOUT STRAWBERRIES

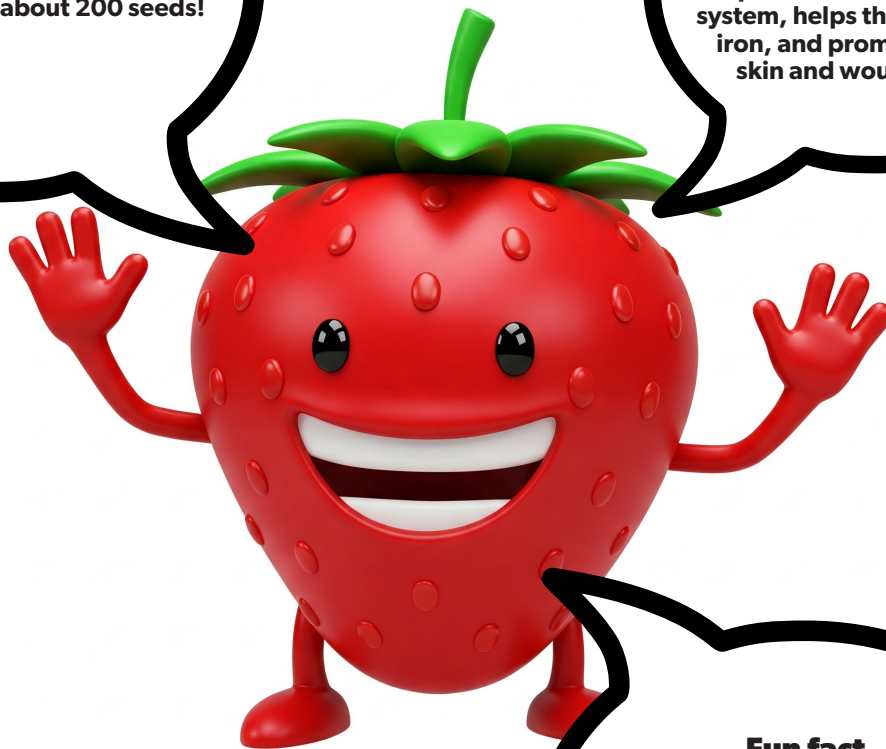
Simple, Seasonal, Sensational!

Did you know?

Strawberries are the only fruit
with their seeds on the outside
- and each one has about 200 seeds!

Why we love them

Strawberries are juicy, sweet,
and packed with vitamin C, which
is important for a strong immune
system, helps the body absorb
iron, and promotes healthy
skin and wound healing



Fun fact

In medieval times, strawberries
were considered a symbol of love
and purity - they were often
served at important feasts in the
shape of a heart!

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FAVOURITE TASTY STRAWBERRY RECIPES!

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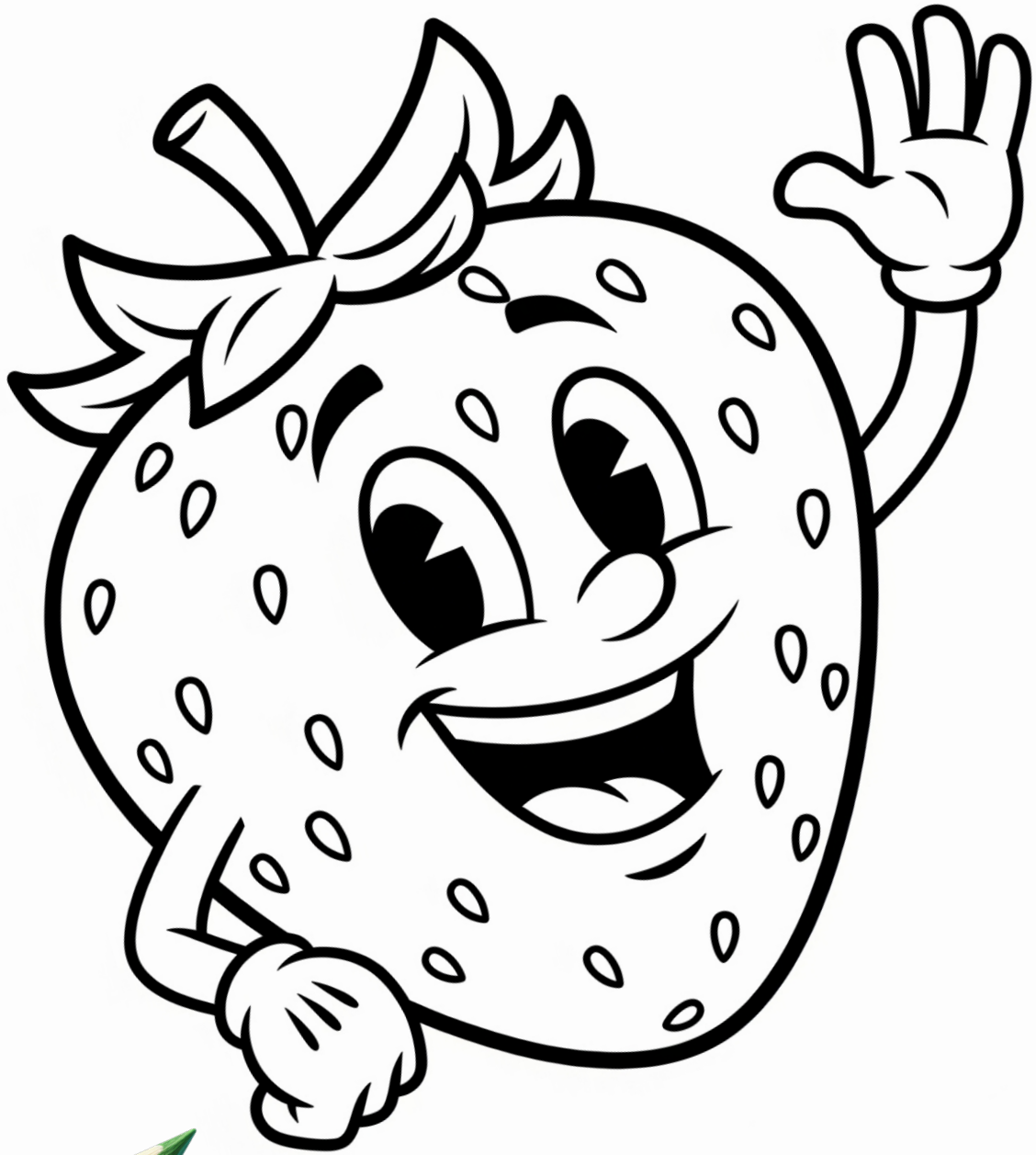


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RECIPE

STRAWBERRY, CUCUMBER AND MINT SALAD (COLD SALAD)

INGREDIENTS

- Strawberries (sliced) - 375g
- Cucumber (thinly sliced) - ½ large cucumber
- Fresh mint (chopped) - a few sprigs
- Lemon juice - 25ml
- Honey - ½ tbsp

METHOD

1. Combine strawberries and cucumber in a bowl.
2. Mix lemon juice, honey, and chopped mint to make a dressing.
3. Pour over the salad and mix gently.
4. Chill before serving.

STRAWBERRY YOGURT POTS

INGREDIENTS

- Fresh strawberries (diced) - 375g
- Natural or Greek yoghurt - 500ml
- Honey (optional) - 1 tbsp
- Granola - 150g

METHOD

1. Layer yoghurt and strawberries in small cups or bowls.
2. Drizzle with honey if using.
3. Top with granola just before serving.



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RECIPE

STRAWBERRY OAT MUFFINS

INGREDIENTS

- Fresh strawberries (chopped) - 300g
- Self-raising flour - 150g
- Porridge oats - 75g
- Eggs - 1 to 2
- Milk - 125ml
- Brown sugar - 75g
- Vegetable oil - 50ml

METHOD

1. Preheat oven to 180°C and line a muffin tray.
2. Mix dry ingredients in one bowl.
3. In a separate bowl, whisk eggs, milk, and oil.
4. Combine wet and dry mixtures, then fold in strawberries.
5. Spoon into cases and bake for 20-25 minutes until golden.

STRAWBERRY AND BANANA SMOOTHIES

INGREDIENTS

- Strawberries - 375g
- Bananas - 2 to 3
- Milk or dairy-free alternative - 500ml
- Honey (optional) - $\frac{3}{4}$ tbsp

METHOD

1. Add strawberries, bananas, milk, and honey to a blender.
2. Blend until smooth.
3. Serve chilled in cups or bottles.



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RECIPE

STRAWBERRY JELLY WITH FRUIT CHUNKS

INGREDIENTS

- Strawberries (sliced) - 250g
- Other soft fruits (e.g. grapes, kiwi) - 250g
- Sugar-free jelly mix - 1 pack (make up to 750ml)

METHOD

1. Prepare jelly according to packet instructions.
2. Divide fruit into 5 small cups.
3. Pour jelly over fruit.
4. Chill until fully set.

MINI STRAWBERRY SHORTCAKES

INGREDIENTS

- Strawberries (sliced) - 300g
- Ready-made shortcake biscuits - 10 halves (5 portions)
- Whipping cream - 250ml
- Vanilla extract - ¼ tsp

METHOD

1. Whip cream with vanilla until fluffy.
2. Layer each biscuit with whipped cream and strawberries.
3. Add a second biscuit on top or more cream and fruit.
4. Serve immediately.



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Around the World



GHANA

TUESDAY 19 MAY

MENU

Chicken Jollof Rice (1,10)

Black Eyed Bean Curry with Rice (1) VEGAN

Ghanaian Pasta (1)

(Pasta in a Rich Tomato Sauce and Peas)

Jacket Potato with Choice of Toppings

Nkate Nkwan-Inspired Sweet Potato and Spinach Stew (10)

Strawberry Fool (9)

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MAY

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RECIPE BOOK

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RECIPE

BLACK EYED BEAN CURRY (MAKES 10 PORTIONS)

INGREDIENTS

Ingredients

- 4 cans black eyed beans
- 2 tsp cumin
- 1 tsp chilli flakes
- 2 onions
- 2 tsp garlic puree
- 2 tsp crushed ginger
- 1 tsp coriander
- 2 tbs tomato puree
- ½ tsp turmeric
- 1 tbs lemon juice
- salt and pepper
- fresh coriander to garnish

METHOD

- Heat oil and add onions and chilli flakes.
- Cook for 5 minutes.
- Add the black-eyed beans and bean water with all other spices.
- Add tomato puree and lemon juice.
- Cook for 15 minutes.
- Season to taste.

CHICKEN JOLLOF AND RICE (MAKES 40 PORTIONS)

INGREDIENTS

- 4 onions
- 4 tsp garlic puree
- 2" piece of ginger finely grated
- 2 red chillies (de-seeded and chopped)
- 4 tsp smoked paprika
- 8 tbs tomato puree
- 6 pints tomato passata
- 40 fl oz chicken stock
- 6 red peppers
- 6 tbs fresh coriander
- black pepper
- 3 kg 50/50 diced chicken
- 52 oz rice

METHOD

- Sauté onions, add garlic, ginger, chillies, smoked paprika and cook for 1 minute.
- Add tomato puree and mix well.
- Add rice, tomato passata and ½ the stock. stir well and bring to a simmer.
- Cook for 15 minutes.
- Stir well and add rest of the stock - if more stock needed add some.
- Scatter peppers over the rice and finish cooking.
- Season to taste.
- Add to cooked chicken.
- Garnish with fresh coriander.



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FRESH RECIPES

JOLLOF RICE (MAKES 40 PORTIONS)

INGREDIENTS

- 2000ml tomato passata
- 15 tbs tomato puree
- 6 red chillies (deseeded)
- 6 onions
- 6 red peppers
- 6 tsp garlic puree
- 2 tsp fresh thyme
- 4 tsp coriander
- 4 tsp sweet smoked paprika
- 20 oz cherry tomatoes
- 7½ pints vegetable stock
- 6lb rice

METHOD

- Put passata, tomato puree, chillies, onions, peppers, garlic puree, rosemary, thyme, coriander and paprika in a blender and blend until smooth.
- In a large pan, sauté cherry tomatoes with the blended sauce.
- Bring to the boil and simmer for 5 minutes (you can add some of the vegetable stock if needed at this point).
- Season to taste.
- Add all the vegetable stock and rice and cook until rice is cooked.
- Add more water if required.
- Garnish with fresh coriander.

NKWAN SWEET POTATO AND SPINACH STEW (MAKES 20 PORTIONS)

INGREDIENTS

- 15 sticks celery
- 10 carrots
- 5 large, sweet potatoes
- 5 tsp turmeric
- 2 ½ tsp chilli
- 2 tins black eyed beans
- 5 onions
- 4 tsp garlic puree
- 2000g chopped tomatoes
- 200g spinach

METHOD

- Combine all ingredients except black eyed beans and simmer for 20 minutes, or until veg is soft but still holding its shape.
- Add water to loosen if needed.
- Stir in the black eyed beans and cook for 10 minutes.
- Add spinach and cook for a further 5 minutes.
- Season to taste.
- Garnish with shredded spring onions.



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