

# Eat the Rainbow



# Green

Is for June

**RECIPE BOOKLET**

# Eat the Rainbow

## Green *Is for June*

Green fruits and vegetables contain iron and folate. These are needed so we can make red blood cells.

These cells are vital for transporting oxygen around our body to make our muscles move, our brain think and our heart beat.

Without folate and iron, you may not have enough red blood cells to be able to complete these functions. Therefore it is important to eat your green vegetables to make sure you are looking after your red blood cells so they can look after you.

Green fruits and vegetables include asparagus, broccoli, kale, brussels sprouts, spinach, peas, avocado and green kiwis.

### **HUNGRY FOR MORE?**

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## THE ULTIMATE BROCCOLI & CAULIFLOWER CHEESE

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Milk, Gluten

## INGREDIENTS



- 2 garlic, cloves
- 50g baking margarine
- 50g flour, plain
- 500ml milk, semi-skimmed
- 500g broccoli
- 75g mozzarella, grated
- 50g cheddar, grated
- 1kg cauliflower
- 200g bread, slices
- Thyme, few sprigs, chopped
- 35ml pomace oil
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Preheat the oven to 180°C. Peel and finely slice the garlic and put it into a medium pan on a medium heat with the baking margarine. When the baking margarine has melted, stir in the flour for a minute to make a paste, then gradually add the milk, whisking as you go, until smooth.
2. Add the broccoli and simmer for approx. 20 minutes, until the broccoli is cooked through and starts to break down, then mash or blitz with a stick blender. Grate in half the cheese and season well.
3. Arrange the cauliflower in an appropriately sized baking dish (cut into florets first), pour over the broccoli white sauce and sprinkle over the remaining cheese.
4. Blitz the bread into breadcrumbs in a food processor, then pulse in the thyme leaves. Toss with a lug of oil and a pinch of salt and pepper, then scatter evenly over the cauliflower cheese.
5. Bake for approx. 45 minutes, until golden and cooked through.

## VEGAN AVOCADO CHOCOLATE CAKE

**SERVES**



Ten

**ALLERGENS**



Sulphur Dioxide, Soya,  
Sesame

## INGREDIENTS



- 150g avocado
- 300g light muscovado sugar
- 350g gluten-free plain flour
- 50g cocoa powder
- 1tsp. Bicarbonate of soda
- 2tsp. Gluten-free baking powder
- 400ml unsweetened soya milk
- 150ml vegetable oil
- 2 tsp vanilla extract
- ½tsp. Lo salt

### FOR THE FROSTING

- 85g avocado
- 85g dairy-free sunflower spread, and a little for greasing
- 200g dairy free chocolate
- 25g cocoa
- 125ml soya milk
- 200g icing sugar
- 1tsp. Vanilla extract

## METHOD



1. Preheat oven to 160°C.
2. Grease two 20cm sandwich tins with a little dairy-free sunflower spread, then line the bases with baking parchment.
3. Put the avocado and muscovado sugar in a food processor and whizz until smooth.
4. Add gluten-free plain flour, cocoa powder, bicarbonate of soda, gluten-free baking powder, soya milk, vegetable oil and 1tsp vanilla extract to the bowl with the salt and process again to a velvety, liquid batter.
5. Divide between the tins and bake for approx. 25 mins, until fully risen and a skewer inserted into the middle of the cakes comes out clean.
6. Cool in the tins for 5 mins, then turn the cakes onto a rack to cool completely.
7. Preparing the frosting. Beat together 85g ripe avocado flesh and dairy-free sunflower spread with electric beaters until creamy and smooth. Pass through a sieve and set aside.
8. Melt 200g dairy-free chocolate, either over a bowl of water or in the microwave, then let it cool for a few mins. Sift 25g cocoa powder into a large bowl. Bring 125ml unsweetened soya milk to a simmer, then gradually beat into the cocoa until smooth.
9. Cool for a few minutes. Add in the avocado mix, 200g sifted icing sugar, melted chocolate and 1 tsp vanilla to make a shiny, thick frosting. Use this to sandwich and top the cake.

## CHOCOLATE COURGETTE BREAD

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Milk, Eggs,  
Gluten

## INGREDIENTS



- 500g courgette
- 340g plain flour
- 170g cocoa powder
- 1tsp. Baking powder
- ¼tsp. Lo salt
- 255g dark chocolate chips
- 2 eggs, free range
- 85ml vegetable oil
- 85g greek yogurt
- 170g caster sugar
- 1tsp. Vanilla extract

## METHOD



1. Preheat the oven 150°C and line a loaf tin.
2. Grate the courgette and lightly squeeze to get rid of the extra moisture.
3. Mix flour, cocoa powder, baking soda, baking powder, salt, and chocolate chips in a large mixing bowl.
4. In a separate small bowl whisk together eggs, oil, yoghurt, sugar, and vanilla until smooth.
5. Mix the egg/sugar mixture into the dry ingredients, stirring until fully incorporated, and there are few lumps.
6. Use a spatula to fold in the courgette, pushing the dough around to make sure it is evenly spread throughout. Pour the batter into the prepared loaf tin.
7. Bake for 40-50 minutes, until an inserted skewer comes out clean.
8. Remove from oven and let cool on a wire rack.
9. Slice and serve.

## WELSH LEEK SALAD

**SERVES**



Ten

**ALLERGENS**



None

## INGREDIENTS



- 200g leeks, sliced across, then thoroughly washed and rinsed
- 600g tinned butter beans, drained and washed
- 2 garlic, bulbs
- 1 cauliflower, cut into florets
- Parsley, large handful, finely chopped
- 50g capers

### FOR THE DRESSING

- 300ml olive oil
- 1 lemon, juiced
- 2tsp. Garlic puree
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Whisk all the dressing ingredients together well, adding salt and pepper to taste.
2. Dress the cauliflower and butter beans liberally. Toss and then leave to marinade overnight.
3. Cook the leek in a pan with the olive oil and set aside to cool. Once cold add to the marinated cauliflower and butter beans.
4. To serve add the chopped parsley, capers and season.

## CELERY SOUP

**SERVES**



Ten

**ALLERGENS**



Milk, Celery

## INGREDIENTS



- 40ml olive oil
- 600g celery, sliced
- 2 garlic clove, peeled
- 400g potatoes, peeled and diced
- 1ltr vegetable stock
- 100ml milk, semi skimmed
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, small handful chopped

## METHOD



1. Heat the oil in a large saucepan over a medium heat, tip in the celery, garlic and potatoes and coat in the oil. Add a splash of water and pinch of salt and cook, stirring regularly for 15 minutes, adding a little more water if the veg begins to stick.
2. Pour in the vegetable stock and bring to the boil, then turn the heat down and simmer for approx. 20 mins, until the potatoes are falling apart and the celery is soft.
3. Use a stick blender to purée the soup, then pour in the milk and blitz again.
4. Season to taste and add chopped chives to serve.

## BRAMLEY APPLE CREAMS

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Gluten

## INGREDIENTS



### FOR THE PASTRY

- 170g plain flour
- 1tbsp. Milk
- 115g butter
- 1½tsp. Caster sugar

### FOR THE FILLING

- 450g bramley apples
- 190ml. Whipping cream
- 115g caster sugar

## METHOD



1. Preheat oven to 150°C.
2. Make the pastry by the rubbing in method. Do not add any extra liquid. If the mixture appears dry press it together firmly with the fingers.
3. Knead pastry together firmly and put into the refrigerator for 30 minutes.
4. Roll the pastry out on a lightly floured board.
5. Cut with a fluted pastry cutter to suit the size of your muffin tin and grease them.
6. Prick with a fine skewer and bake in a moderate oven until a light biscuit colour, approx. 25 minutes.
7. Cool slightly and remove onto a cooling tray.
8. Fill each case with a spoonful of stewed apple and top with whipped cream

## APPLE & WENSLEYDALE CHEESE CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Sulphur Dioxide,  
Soya, Sesame, Milk, Lupin,  
Eggs, Gluten

## INGREDIENTS



- 250g baking margarine
- 250g muscovado sugar
- 250g self-raising flour
- 1tsp. Cinnamon
- 1tsp. Nutmeg
- 5 eggs, free range
- 2 apples, grated
- 100g Wensleydale cheese, crumbled
- 25g baking margarine
- 25g self-raising flour
- 2tbsp. Demerara sugar
- 2tsp. Cinnamon

## METHOD



1. Grease and line a loose bottomed baking tin and pre heat the oven to 160°C.
2. Cream the baking margarine and sugar together for approx. 5 minutes, until pale and soft.
3. Add all of the eggs and a spoonful of the flour and beat well for a few minutes until light and airy. Fold in the remaining flour and spices, then carefully fold in the grated apple and cheese and pour into the prepared cake tin.
4. In a clean bowl, rub the flour and baking margarine together to breadcrumbs. Stir in the cinnamon and sugar and sprinkle over the top of the cake batter.
5. Place in the oven and cook for approx. 75 minutes until cooked through. If it looks like it might be going too brown, cover with foil.
6. Once cooked, remove and set aside to allow to cool in the tin.
7. Once cooled, remove and cut into wedges to serve.

## KENTISH APPLE CHUTNEY

**SERVES**



3kg

**ALLERGENS**



Barley, Gluten

## INGREDIENTS



- 3kg tomatoes, peeled and finely chopped
- 600g apples, peeled and finely chopped
- 300g white onion, peeled and finely chopped
- 200g shallots, peeled and finely chopped
- 6 garlic cloves, peeled
- 350g dates, finely chopped
- 350g raisins
- 1kg soft dark brown sugar
- 700ml malt vinegar

## METHOD



1. Prepare all the ingredients, peeling and chopping all fruit and veg, and place into a large, wide heavy-based stainless steel pan.
2. Bring to boil then simmer gently, uncovered, for approx. 1hr, until reduced to a chutney-like consistency.
3. Sterilise some sealable, oven-proof jars by washing them in very hot, soapy water and popping them into an oven for a few minutes to dry.
4. When the chutney is dark and reduced, let it cool a little then place in the jars. Once opened keep in the fridge and use within three days.

## BROCCOLI BAKED POTATOES

**SERVES**



Ten

**ALLERGENS**



Mustard, Milk, Eggs

## INGREDIENTS



- 10 Jacket potatoes
- 600g broccoli
- 30g wholegrain mustard
- 2 Egg
- 280g grated cheddar
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Heat oven to 200°C. Bake the Potatoes until tender, approx. 40 minutes.
2. In a pan of boiling water, cook the broccoli florets for 3 minutes, then drain well.
3. When the potatoes have cooled a little, cut them in half lengthways and scoop the insides into a bowl.
4. Place the potato shells on a baking sheet. Mash the flesh with a fork, then stir in the mustard, egg, most of the cheese and the broccoli. Season then spoon back into the shells.
5. Sprinkle with the reserved cheese and bake for 15 minutes until the tops are crisp and golden.

## SOMERSET APPLE AND CHEDDAR SALAD

**SERVES**



Ten

**ALLERGENS**



Milk, Celery

## INGREDIENTS



- 50g pumpkin seeds
- 100ml olive oil
- 90ml honey
- 30ml cider vinegar
- 500g spinach leaves
- 4 green apples
- 4 celery, sticks
- 2 avocado
- 200g cheddar
- Ground black pepper, pinch
- Lo salt, pinch

## METHOD



1. Sprinkle the spinach leaves onto a large serving plate. Slice the apples, celery and avocado and add to the spinach.
2. Crumble the Cheddar over the salad.
3. Mix together the oil, cider vinegar and honey and season.
4. Pour it all over the salad and eat straight away.



# Green - June

## PEAR, APPLE, BROCCOLI & COURGETTE JUICE

**SERVES**



Ten

**ALLERGENS**



None

## INGREDIENTS



- 3 pears, peeled and cored
- 4 apples, peeled and cored
- 2 broccoli, heads, cut into florets
- 1 courgette
- 2 spinach, large handfuls
- 500ml apple juice

## METHOD



1. Put all the ingredients in a juicer and blitz until all the juice is extracted.
2. Divide the juice between ten cups or plastic bottles and serve.

## BROCCOLI FRITTERS

**SERVES**



Ten

**ALLERGENS**



Milk, Eggs

## INGREDIENTS



- 600g broccoli, stalks and head,
- Chives, few springs, chopped
- 4 spring onions, finely sliced
- 1 onion, finely diced
- 4 garlic cloves, crushed
- 2 lemon zest, juice
- 2 eggs, free range
- 250g gram flour
- 120g mozzarella, grated
- 150ml vegetable oil
- Coriander, large handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Grate the whole broccoli through a robot coupe, if you have one or through a hand held grater if not.
2. Beat the egg in a large bowl, add the grated broccoli and all the other ingredients for the fritters.
3. Combine with a spoon and then shape the mix into a small patty to test and fry in a little oil for a few minutes on each side - try this one for flavour, then adjust the seasoning if you need to.
4. Once you're happy with your mix make into lots of patties and start frying them, giving them space from each other so they can fry rather than steam - depending on the size, they should cook for approx. 4 minutes on each side on a medium heat.
5. These can be cooked fully in the fryer, or pan fry and then arrange on a line baking tray and finished in the oven for approx. 15 minutes at 180°C.
6. Remove from the oven set aside to cool a little and serve.

## SAVOURY BROCCOLI FOREST CAKE

**SERVES**



Ten

**ALLERGENS**



Wheat, Mustard, Milk, Eggs, Gluten

## INGREDIENTS



- 500g baking margarine, plus extra for greasing
- 800g broccoli, cut into florets
- 100g caster sugar
- 7 eggs, free range
- 550g plain flour, sifted
- 1½tsp. Baking powder
- 1tsp. Ground turmeric
- Cayenne pepper, pinch
- 1tsp. Curry powder
- ½tsp. Lo salt
- 2tbsp. Cocoa powder
- 125g feta

## METHOD



1. Preheat the oven to 180°C. Grease a 10" loaf tin and line its base and sides with parchment paper.
2. Blanch the broccoli in boiling water for about 3 minutes, then drain well and set aside.
3. Beat the baking margarine until it is very light and creamy, then beat in the sugar. Add the eggs, one at a time, beating well after each addition. Mix together the baking powder, turmeric, cayenne, curry powder and salt, and fold into the mixture with the flour. Mix well and add in the feta. Take 1/5 of the mixture and fold through the 2 tablespoons of cocoa. Spoon into the lined prepared tin first and then spoon in the yellow batter.
4. Push the broccoli into the mixture be quite generous so that each slice will have a good number of florets and tree shapes when you cut each slice. It is easier to use bigger florets to get bigger trees.
5. Bake for approx. 45 minutes, until a skewer inserted in the centre comes out clean.

## CHEESE & BROCCOLI COUSCOUS PANCAKES

**SERVES**



Ten

**ALLERGENS**



Wheat, Soya, Milk, Eggs,  
Gluten

## INGREDIENTS



- 100g couscous, uncooked
- 300g broccoli
- 160g feta, crumbles
- 2 garlic cloves, finely-chopped
- Mint, small handful, chopped
- Parsley, small handful, chopped
- Chilli flakes, dried, pinch
- 6 eggs, whisked
- 4tbsp. Plain yoghurt
- 75ml vegetable oil
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Cook the broccoli in boiling salted water, just until bright green. Drain and leave to cool. Once cooled finely chop with a sharp knife.
2. Place the couscous into a bowl and cover with 120ml of boiling water, which should just cover the couscous. Cover with cling film for approx. 5 minutes until completely absorbed. Once cooked, run a fork through the couscous to fluff it up.
3. Add the chopped broccoli, feta, garlic, mint, parsley, chilli, eggs, salt and pepper to the couscous and mix thoroughly.
4. Heat a non-stick frying pan on a medium heat with the oil and spoon 2tbsp of the mix into the pan.
5. Fry until golden brown on both sides.
6. Serve with a sprinkle of feta and a dollop of yoghurt.

## TUNA & BROCCOLI LATTICE TART

**SERVES**



Ten

**ALLERGENS**



Wheat, Milk, Fish, Eggs,  
Gluten

## INGREDIENTS



- 200g Broccoli, cut into florets
- 160g Watercress, chopped
- 120ml crème fraîche
- 850g puff pastry, sheet
- 2 egg, free range, beaten
- 300g tuna flakes, drained
- Losalt, pinch
- Ground black pepper, pinch

## METHOD



1. Cook the broccoli in lots of boiling water until tender. Drain and rinse in cold water until cool. Drain well and set aside.
2. In a food processor, blitz the watercress and crème fraîche with some seasoning.
3. Heat oven to 180°C. Lay out the pastry sheet and cut in half. Place one on half on a lined baking sheet and cut out a 2cm-wide border from the second sheet, like a picture frame, and stick this onto the first sheet with some of the beaten egg. Prick the base all over with a fork. Bake for approx. 10 minutes until golden.
4. Cut remaining pastry into 2cm wide strips and set aside.
5. On the cooked base, spread on the crème fraîche, scatter with the flaked tuna, broccoli and seasoning, and top with the strips of pastry to make a lattice.
6. Brush with the remaining beaten egg and cook for approx. 20 minutes until the pastry is golden and cooked through and the filling is hot.

The background of the entire page is a light green color with a repeating pattern of stylized, hand-drawn leaves in a slightly darker shade of green. The leaves are scattered across the page, creating a textured, natural feel.

# Eat the **Rainbow**

**RECIPE BOOKLET**