

Abbey Farm Kitchen Newsletter

Hello Everyone!

Welcome to term 5, I really can't believe how quickly this year is going. I hope you all had a lovely two weeks off of school. Spring has finally sprung and it is lovely to have a beautiful sea of yellow daffodils surrounding us.

This newsletter we are looking at cutting down on food waste and one of the ways I do this is that I am very fortunate to have my very own allotment. I am currently growing cabbages, cauliflower, broccoli, curly kale and much more in the coming months. I am a true believer of home composting. All the food preparation waste from school, such as the insides of peppers, banana skins, carrot and onion peelings can be added straight into the compost bin. This is how we are reducing school food waste. Do any of you have an allotment or even do your very own composting??

I am currently also growing some lovely herbs, including Basil, which I will be introducing to the children once it is fully grown, for them to have a taste test!

How does it taste, smell, and feel?



This Month's Menu Highlights

- Italian Chicken - This is a lovely tomato based pasta dish with chicken and bacon. Packed full of flavour and protein.
- Butternut and Lentil Curry - This punchy curry is full of vitamins A and C, fiber, and antioxidants, which support immune function, eye health, and digestion.
- Banoffee Pie - A sweet treat filled with homemade custard, caramel sauce and bananas.



We have had another lovely photo sent in of a budding new chef, Well done!! that looks super yummy!



Photos above of some of our future Abbey Farm Chefs ❤️

🍳 Recipe of the Month:

Italian Chicken Serves 4

Ingredients:

- 4 Chicken Breast
- 4 Slices Of Bacon
- 450g Chopped Tomatoes
- 50 g Onion
- 5g Garlic
- 10g Basil
- 5g Chicken Stock
- 150ml Water

Method

- Dice the Chicken and Bacon
- Cook the chicken in a pan for around 10 mins
- Add Bacon, Onion, and garlic and cook for a further 10 mins
- Add chopped tomatoes, chicken stock, water and basil
- Bake in the oven for 30 mins or until the sauce has thickened.

Really enhance this dish by adding peppers, mushrooms and black olives for an added vegetable hit.

Even better why not blitz the peppers and mushrooms into the sauce for hidden veggies.



Abbey Farm
Educate Together Primary

We'd Love to Hear From You

Have you got any recipes, ideas or a photo of your favorite meal, please do email us at info@abbeyfarmet.org.uk so that we can share.