

# From The Kitchen!

Week 3

‘Supermarket swap special’

# Welcome to Supermarket Swaps!



**Hello Everyone,**

We hope you're keeping well and **welcome to our Supermarket Swaps edition** of From The Kitchen!

Adverts often make us think that packaged meals save time and cost. So we've put this to the test by rustling up simple alternatives to ultra-processed foods like ready meals and shop bought pizzas.

It turns out that you don't need to be a great cook; have loads of equipment or a kitchen that looks like Jamie Oliver's to give it a go, and see what we found...

Plus check out our food quiz with Amanda Ursell, sit down and have a go and see how many you know.

Our chefs have also been cooking up a storm in **simple store cupboard stars**. These recipes are based around the core ingredients found in our cupboards & fridges to whip up fantastically simple and delicious dishes. This week we have **terrific tuna fishcakes & practically perfect pea & tomato pasta**. Of course not forgetting our dessert of the week, **jazzy jam frozen yoghurt sticks**; give it a go- they taste great! Don't forget to send in your food photos for a chance to be crowned '**home chef of the week**'.

**Happy Cooking and Happy Eating,**

Your Kitchen Team

**QUIZ TIME**



# GRAB YOUR FAMILY & JOIN IN

Too easy? Give our next level quiz a try and see how many you can get right

[https://youtu.be/ZmEN\\_dxsa\\_uM](https://youtu.be/ZmEN_dxsa_uM)

Give our food & nutrition quiz a go with your family

[https://youtu.be/o7VTPsYL\\_Aw4](https://youtu.be/o7VTPsYL_Aw4)

# But first...



## Health & Safety

### Kitchen Hygiene

- Always wash your hands before you start to make any recipe.
- Wash all fruit and vegetables before using them.
- Use hot, soapy water to clean chopping boards after each use.
- Keep raw and cooked foods separately when getting your ingredients organised.
- Keep the kitchen clean in the area you are using to prepare and cook your food. You'll need a clean cloth to clear and clean as you go along.
- Wash your hands again after cracking eggs and using raw meat or fish.

### Kitchen Safety

#### Always ask an adult to help you in the kitchen.

- This is especially important when using sharp knives and the oven and saucepans on the top of the oven, which is called the hob. This may be electric or gas; either way, it is vital that you ask an adult to help you when you start cooking.
- Always use oven gloves when helping to put things in and taking them out of the oven.
- If helping to move or handle hot items on the hob, protect your hands by using oven gloves or a tea towel.
- Take extra care when handling sharp knives or a grater; for example when cutting vegetables and fruits. Ask an adult for help.
- Ask an adult to show you how to safely use power tools like blenders, food processors, mixers and microwaves and make sure they are there to help when using them with you.
- If you chop chilli peppers or use chilli flakes, always wash your hands straight after. If you touch your eyes or mouth and haven't washed your hands, it will be very painful.

**PIZZA**  
**MARGHERITA**

# PIZZA MARGHERITA

**Speed:** 15 minutes

**Cost:** 90p. Supermarket version £2.00

**Saves:** £1.10

## What You Need:

- Individual 100g (approx.) pizza base,
- 2 tablespoons tomato puree
- 1 tomato sliced
- 30g grated cheddar

## What do we do:

1. Spread pizza base with a tablespoon tomato puree., or canned tomatoes, chopped up.
2. Lay on a sliced tomato (and mushroom if you like).
3. Sprinkle over 30g grated cheddar and put in oven 180oc/gas 6 for 10 minutes.

## Plus Points:

- ✓ Tomatoes
- ✓ 5 a day: 2

**What's the verdict...** Freddie aged,10 *“I helped by grating the cheese. It tasted different to the one from the box, fresher. And it only took a few minutes longer.”*

# **SPAGHETTI BOLOGNESE**

# SPAGHETTI BOLOGNESE

**Speed:** 30 minutes

**Cost:** 95p. Supermarket ready meal £2.00

**Saves:** £1.05

## What You Need:

- 80g minced beef
- 1 teaspoon oil
- 1 small onion
- 1 grated carrot
- 100g canned tomatoes
- Pinch of salt & pepper
- 80g spaghetti

## What do we do:

1. Peel and chop the onion. Heat the oil in a frying pan.
2. Cook onion and carrot for 10 minutes with a pinch of salt and pepper.
3. Stir in beef and cook for 2 minutes, stirring all the time.
4. Mix in tomatoes, stir, put lid on and cook for 15 minutes.
5. Cook spaghetti using pack instructions. Drain and serve topped with the Bolognese.

## Plus Points:

- ✓ Meat gives you iron for focus and pasta is great for slow release energy.
- ✓ 5 a Day: 3

## What's the verdict...

Coco aged 12 said: *"The pasta wasn't soggy, and I could really taste the tomatoes. I liked it."*

**SIMPLE STORE  
CUPBOARD  
STARS**

# PRACTICALLY PERFECT PEA & TOMATO PASTA

Prep time – 10 minutes

Cooking time – 15 minutes

This recipe makes 6 portions

## Ingredients

- 1 can of chopped tomatoes
- 1 large onion sliced (around 75g)
- 1 Garlic bulb minced (optional)
- 100g peas
- 400g pasta
- 50g cheese- choose your favourite

## Method

1. Cook your pasta as per instructions on pack.
2. While the pasta is cooking fry the sliced onions in a little oil until soft.
3. Add minced garlic.
4. Stir in the can of chopped tomato.
5. Add the peas & stir all together.
6. Serve with the cooked pasta.
7. Grate cheese over the top.

**VIDEO ALERT:** Check-out our chefs creating this at home!  
[https://youtu.be/-tXL\\_o4R6xs](https://youtu.be/-tXL_o4R6xs)

*‘My kids love this recipe, super simple and ready in minutes.’*  
*Owen Hurley, Senior Development Chef*

# TERRIFIC TUNA FISHCAKES

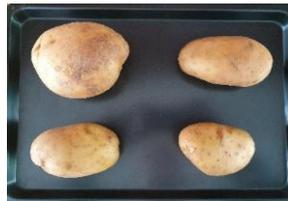
**Prep time** – 1 hour 15 minutes

**Cook time** – 30 minutes

This recipe makes 6x 150g fish cakes

## Ingredients

- 500g potatoes – I used 4 medium size potatoes
- 1 carrot
- 100g tinned or frozen sweetcorn
- 1 can tuna (drained)
- Season with salt & pepper to taste



## Method

1. Put potatoes on a baking tray & roast for 50 minutes at 175oc (leave to cool for 30 minutes until next stage.)
2. Mash potatoes in a mixing bowl with a fork.
3. Add tuna, sweetcorn & grated carrot.
4. Shape into 6 cakes.
5. Pan fry on each side, put onto a baking tray & roast for 20 minutes.
6. Serve with your favourite sauce & a side of cooked frozen peas.

“This is a great store cupboard recipe, tinned tuna & sweetcorn & potatoes & carrot from your fridge. Best of all it tastes great, just add your favourite sauce to go with it & serve with some frozen peas for a healthy nutritious dinner.” Guy Adams, Development Chef

# JAZZY JAM FROZEN YOGHURT STICKS

**Prep time** – 10 minutes

**Freeze time** – 4 hours

This recipe makes 4 x 1 scoop portions

## Ingredients

- 250g yoghurt – any yoghurt works
- 2tbsp jam – lemon curd would work too
- 1 banana smashed

## Method

1. Smash a banana.
2. Mix into 250g yoghurt.
3. Pour into a freezer safe tub.
4. Ripple through jam.
5. Freeze for 4 hours or until frozen & spoon to serve.

*“Who doesn’t love ice cream, so why not try a healthier version at home with no need for anything but a tub to freeze it in. So simple just add any jam or lemon curd & ripple through your yoghurt.” Guy Adams, Development Chef*



# Let's get cooking!

If you have any other comparisons and would like to send us them, please send them to [EduConference@chandcogroup.com](mailto:EduConference@chandcogroup.com) and we shall try to feature them in From The Kitchen! next week.

Ask your parent or guardian to send in your food pictures & recipes to [EduConference@chandcogroup.com](mailto:EduConference@chandcogroup.com) and remember to copy in your school & teacher for a chance to be crowned 'home cook of the week'