

Around the World



CANADA

MONDAY 14 JULY

MENU

Bacon Mac n' Cheese (1, 9, 11)

**Roasted Red Peppers,
stuffed with Broccoli and Maple Tabbouleh (1) VEGAN**

Jacket Potato with Choice of Toppings

Mixed Canadian Salad

Canadian Blueberry Muffins (1, 7, 9)

WE ONLY USE



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WHOLEMEALPASTA

Around the World



JULY

CANADA

RECIPE BOOK

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WHOLE MEAL PASTA

RECIPE

ROASTED RED PEPPERS STUFFED WITH BROCCOLI AND MAPLE TABBOULEH

INGREDIENTS

- Large red peppers - 25 (halved and deseeded)
- Broccoli florets - 2.5kg (finely chopped or pulsed)
- Bulgur wheat - 1.2kg
- Water or vegetable stock - 2.4 litres
- Fresh parsley (chopped) - 1 bunch
- Fresh mint (chopped) - 1 bunch
- Spring onions (chopped) - 20
- Maple syrup - 200ml
- Lemon juice - from 6 lemons
- Olive oil - 300ml
- Salt and pepper - to taste

METHOD

- Preheat oven to 180°C (160°C fan). Place halved peppers cut side up on baking trays.
- Roast the peppers for 15-20 minutes until slightly softened but still holding their shape.
- Meanwhile, cook the bulgur wheat in water or stock according to packet instructions, then fluff with a fork and allow to cool.
- Steam or lightly boil the broccoli until tender, then finely chop or pulse in a food processor.
- In a large bowl, combine cooked bulgur wheat, chopped broccoli, parsley, mint, and spring onions.
- In a jug, whisk together maple syrup, lemon juice, olive oil, salt, and pepper. • Pour over the tabbouleh mix and stir well.
- Spoon the tabbouleh mixture into the roasted red pepper halves.
- Serve warm or chilled.



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WHOLE MEAL PASTA

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RECIPE

FIDDLEHEAD PASTA

INGREDIENTS

- Pasta (penne or fusilli) - 2.5kg
- Tender stem broccoli - 2.5kg
- Garlic puree) - 50g
- Olive oil - 300ml
- Lemon zest - from 5 lemons
- Lemon juice - from 5 lemons
- Grated cheese - 500g (optional)
- Salt - 2 tbsp
- Black pepper - 2 tsp

METHOD

- Cook the pasta in a large pot of boiling salt water until al dente. Drain and set aside.
- While the pasta cooks, blanch the broccoli in boiling water for 5-6 minutes.
- Drain and rinse under cold water.
- In a large pan, heat olive oil and sauté the garlic until fragrant (1-2 minutes).
- Add the broccoli and sauté for 5 minutes until tender.
- Stir in the cooked pasta, lemon zest, and lemon juice.
- Season with salt and pepper and mix thoroughly.
- Sprinkle with grated cheese if using before serving.

MIXED CANADIAN SALAD

INGREDIENTS

- Mixed salad leaves - 1.5kg
- Cherry tomatoes (halved) - 1.5kg
- Cucumber (sliced or diced) - 1kg
- Sweetcorn (drained) - 2kg
- Grated carrot - 1kg
- Dried cranberries - 300g (optional)
- Cheddar cheese (cubed) - 800g
- Maple dressing (see below) - enough to lightly coat salad

FOR THE MAPLE DRESSING

- Maple syrup - 200ml
- Oil - 200ml
- Vinegar
- Salt and pepper - to taste

METHOD

- In a large bowl, combine the salad leaves, cherry tomatoes, cucumber, sweetcorn, grated carrot, and cheddar cheese.
- Add dried cranberries if using.
- In a separate bowl or jug, whisk together the maple syrup, oil, vinegar, salt, and pepper.
- Pour just enough dressing over the salad to lightly coat and toss gently to combine.
- Serve immediately or keep the dressing separate until just before serving to keep the salad fresh.



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RECIPE

CANADIAN BLUEBERRY MUFFINS

INGREDIENTS

- Self-raising flour - 4lb
- Caster sugar - 4lb
- Eggs - 32
- Cooking fat - 1.75kg
- Vegetable oil - 250ml
- Vanilla extract - 2 tbsp
- Frozen blueberries - 1.5kg
- Optional: Demerara sugar for topping - 100g
- Maple syrup as a topping

METHOD

- Preheat oven to 180°C (160°C fan). Line 50 muffin cases in trays.
- In a large bowl, combine cooking fat and sugar.
- In a separate bowl, whisk together eggs and oil, and vanilla extract.
- Pour the wet ingredients into the dry ingredients and mix until just combined (do not overmix).
- Gently fold in the blueberries.
- Divide the batter evenly among the muffin cases.
- Sprinkle tops with demerara sugar if using.
- Bake for 20-25 minutes or until golden and a skewer inserted in the centre comes out clean.
- Lightly cover the muffins with maple syrup
- Cool slightly before serving.



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