

Colourfuel

Vibrant food for bright ideas #EatTheRainbow

Look out for **limited edition** recipes from this month's colourfuel orange ingredients.



ORANGE

April

RECIPE BOOKLET

Colourfuel

ORANGE

April

Vibrant food for bright ideas #EatTheRainbow

We can get vitamin A from a few different food sources, including orange coloured fruits and vegetables in the form of beta-carotene. The body can then convert this into vitamin A which is needed by the body, especially by the eyes in order to see in the dark.

Orange foods include carrots, pumpkins, sweet potatoes, cantaloupe melon and mango.

HUNGRY FOR MORE?

Visit us at www.accentcatering.co.uk
01784 224690 / info@accentcatering.co.uk

ORANGE

Colourfuel

April

PEACH MELBA TRAYBAKE

SERVES  10

ALLERGENS  Wheat, Eggs, Gluten

INGREDIENTS

- 250g baking margarine
- 300g golden caster sugar
- 1tsp. vanilla extract
- 3 eggs, free range
- 200g self-raising flour
- 50g semolina
- 300g tinned peaches, cut into wedges
- 100g raspberries
- 40g pumpkin seeds
- 1tbsp. icing sugar, to finish

METHOD

1. Grease and line a tray bake or small roasting tin. Heat oven to 160. Melt the baking margarine in a large saucepan, cool for 5 mins, add the sugar, vanilla and eggs, then beat until smooth with a spoon. Stir in the flour and semolina.
2. Tip the mix into the tin, then lay the the tinned peach slices evenly on top – that way each square of cake will have a bit of fruit.
3. Scatter the raspberries and pumpkin seeds over, then bake for approx. 1 hr, covering with foil after 40 mins.
4. Test with a skewer: the middle should have just a tiny hint of squidginess, which will firm up once the cake cools.
5. Cool in the tin for 20 mins, then lift out onto a cooling rack.
6. Once cold, dredge with icing sugar, then cut into squares.

ORANGE

Colourfuel

April

QUINOA RISOTTO WITH BUTTERNUT SQUASH & SPINACH

SERVES  10

ALLERGENS  None

INGREDIENTS

- 1 butternut squash, peeled and cut into 2.5cm pieces
- 150ml vegetable oil
- 3 onion, chopped
- 4 garlic cloves, crushed
- 400g quinoa, rinsed and drained
- 1½ltr. Vegetable stock, hot
- 800g chopped tomatoes, tinned
- Rosemary, few sprigs, chopped
- Thyme, few sprigs, chopped
- Lo salt, pinch
- Ground black pepper, pinch
- 1 lemon, zest and juice
- 2tbsp. White wine vinegar
- 250g baby spinach

METHOD

1. Heat the oven to 180°C. Put the squash in a baking tray and roast for 30 minutes, turning halfway through.
2. To make the risotto, heat the oil in a large, wide saucepan over a low-medium heat, then fry the onion and garlic for approx. 5 minutes, until the onion is translucent, stirring often.
3. Clear one side of the pan and add the quinoa. Stir the quinoa in its half of the pan for a minute, until slightly crisp, then stir to combine with the onion and garlic.
4. Increase the heat and add the hot vegetable stock or water 1 ladleful at a time, stirring constantly, letting the quinoa mixture absorb each ladleful before adding the next, this should take around 10 minutes.
5. Add the chopped tomatoes, herbs, sea salt, lemon zest, lemon juice and white wine vinegar to the risotto. Cook for a further 10 minutes or until the quinoa is tender but still slightly al dente.
6. Stir through the spinach and roasted pumpkin, then cook for 5 minutes more.
7. Taste and season with salt, black pepper and extra lemon juice, if required, then serve.

ORANGE

Colourfuel

April

SWEET POTATO & B/BEAN CHILLI WITH ZESTY QUINOA

SERVES  10

ALLERGENS  Gluten

INGREDIENTS

- 3tbsp. Vegetable oil
- 3 sweet potatoes, peeled and cut into 1" cubes
- 3 onion, chopped
- 5 garlic cloves crushed
- 2 red chilli, finely chopped
- Coriander, large handful, chopped
- 4tsp. Ground coriander
- 4tsp. Ground cumin
- 4tsp. Smoked paprika
- 4tsp. Chipotle paste
- 1kg chopped tomato, tinned
- 400g black bean, cooked
- 300g quinoa, cooked according to pack instructions
- 3 lime, zest and juice
- 2tbsp. Pumpkin seed
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Heat oven to 160°C. Toss the potatoes with half the oil and some seasoning on a baking tray. Bake for approx. 30 minutes, tossing halfway through cooking, until tender. Heat the remaining oil in a pan, add the onion and cook for approx. 5 minutes until soft, then add the garlic, chilli and coriander stalks.
2. Cook everything for a further 2-3 minutes, stirring to prevent the garlic from burning. Sprinkle in the spices, stirring for 1 min more, until aromatic. Stir in the chipotle paste, tomatoes and half a can of water, swirling it around the tin to wash out all the bits of tomato. Simmer the sauce, uncovered, while the sweet potato is cooking, adding a splash more water if it looks too dry.
3. Add the sweet potato, black beans and seasoning to the chilli. Simmer for 5 minutes, then taste and adjust the seasoning with a squeeze of lime and a sprinkle of sugar if it needs it.
4. In a separate bowl stir the lime zest, a squeeze of lime juice, the coriander leaves and the pumpkin seeds into the quinoa.

ORANGE

Colourfuel

April

SWEET POTATO, PEA AND CHEESE QUESADILLAS

SERVES  10

ALLERGENS  Wheat, Milk, Gluten

INGREDIENTS

- 500g sweet potatoes
- 150g sweetcorn, drained
- 150g peas
- 160g mozzarella, grated
- Coriander, large handful, chopped
- 10 tortilla wraps
- 2 avocados
- 1 lime, juice
- 2 limes, wedged, to serve
- 4 spring onions, sliced
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Preheat the oven to 180°C.
2. Rub the sweet potato in oil and place on a lined baking sheet.
3. Roast the sweet potatoes in a hot oven for approx. 20 minutes, until soft. Heat a large non-stick frying pan and fry the sweetcorn until lightly charred, then set aside in a bowl. When the potato is cool enough to handle, scoop out the flesh into a large mixing bowl and mix in the peas, mozzarella, seasoning and a large handful of chopped fresh coriander. Divide the mixture equally among 5 tortilla wraps, top with 5 more wraps, then press down to sandwich together.
4. Heat the pan over a medium heat and cook the quesadillas, one at a time, for 3 minutes on each side until golden and the cheese has melted. Keep warm while you cook the rest.
5. Mash the avocados with the lime juice and serve alongside the halved quesadillas, sprinkled with the charred corn, sliced spring onions and extra lime wedges for squeezing.
6. Serve 1 half per portion.

ORANGE

Colourfuel

April

PIRI PIRI SQUASH, MOZZ AND COUSCOUS SALAD

SERVES  10

ALLERGENS  Wheat, Sulphur Dioxide, Milk, Gluten

INGREDIENTS

- 900g butternut squash, peeled and cut into 2.5cm cubes
- 2tbsp. Pomace olive oil
- 1tsp. Smoked paprika
- 2tbsp. Piri piri sauce
- 200g couscous
- 200g mozzarella, grated
- 200g cherry tomatoes, halved
- Mint, small handful, roughly chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Preheat the oven to 180°C. In a large bowl, toss the butternut squash with the olive oil and paprika. Season well and spread out on a roasting tray. Roast for approx. 25 minutes, turning halfway through. Add the remaining piri piri sauce, tossing carefully to coat the squash and return to the oven for a further 5-10 minutes, until glazed and caramelised. Set aside to cool fully.
2. Cover the couscous with 300ml boiling water in a bowl. Cover and set aside for a few mins until the water has been absorbed. Fluff up with a fork. Add the roasted squash, cubed feta, cherry tomatoes and chopped mint and toss gently together.
3. Season to taste and serve.

ORANGE

Colourfuel

April

ORANGE BLUSH SMOOTHIE

SERVES  10

ALLERGENS  None

INGREDIENTS

- 4 oranges
- 3 apple
- 150g raspberries, frozen
- 850ml orange juice

METHOD

1. Peel and chop the orange and chop the apple.
2. Add to the blender with the raspberries and orange juice.
3. Serve straight away or cup and place in multi deck refrigerator.

ORANGE

Colourfuel

April

CLEMENTINE CREAM SMOOTHIE

SERVES  10

ALLERGENS  Milk

INGREDIENTS

- 2 clementine's
- 350g tinned peach slices
- 400ml apple juice
- 600ml natural yoghurt

METHOD

1. Zest, peel and dice the clementine. Drain the peaches.
2. Add to the apple juice, zest, yoghurt and blend.
3. Serve straight away or cup and place in multi deck refrigerator.

ORANGE

Colourfuel

April

BUTTERNUT SQUASH, SAGE AND CHEDDAR PIE

SERVES  10

ALLERGENS  Wheat, Barley, Milk, Gluten

INGREDIENTS

- 850g butternut squash, cubed
- 500g red onions, diced
- 40ml olive oil
- 100g baking margarine, melted
- 12 filo pastry, sheets
- 220g spiced chutney, accent recipe
- 200g cheddar, grated
- 75g pumpkin seeds, chopped
- Sage leaves, small handful, chopped
- Ground black pepper, pinch

METHOD

1. Preheat the oven to 190°C.
2. Place the butternut squash and onions in a roasting tin, drizzle with the oil, season with ground black pepper. Cook for approx. 15 minutes until just tender.
3. Meanwhile, brush a 28cm round loose-bottomed flan tin with some of the baking margarine. Lay a few sheets of filo across it, slightly overlapping. Brush the overhanging filo with more baking margarine. Continue layering the filo, brushing with baking margarine as you go and slightly overlapping the sides of the tin. Place a baking sheet in the oven to preheat.
4. Spoon the chutney over the bottom of the pastry. Top with the butternut squash and onions. Scatter over the cheddar, chopped seeds and sage and fold in the overhanging edges.
5. Place the pie on the preheated baking sheet and bake for 20-25 minutes until golden.
6. Cut into wedges to serve.

ORANGE

Colourfuel

April

CARROT AND GINGER DRIZZLE CAKE

SERVES  10

ALLERGENS 

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

INGREDIENTS

- 100g baking margarine, plus extra for the tin
- 100g dark muscovado sugar
- 50g black treacle
- 50g golden syrup
- 1 orange, zest
- 1 lemon, zest and juice
- 140g grated carrot
- 5 stem ginger, balls, from a jar, finely chopped
- 175g self-raising flour
- ¼tsp. bicarbonate of soda
- 2tsp. ground ginger
- ¼tsp. ground black pepper
- 2 eggs, free range

METHOD

1. Heat oven to 180°C. Grease then line a 900g loaf tin with a strip of baking parchment. Put the baking margarine, sugar, treacle, syrup and half the zests into a large saucepan. Heat gently until everything has melted together.
2. Add the carrot, ¾ of the chopped ginger, all the flour, bicarb, ¼ tsp salt, the ground ginger, pepper and eggs to the pan and stir well until you have a smooth batter. Pour into the tin and bake for approx. 45 mins, until dark brown and risen and a skewer inserted into the middle comes out clean.
3. Cool for 20 mins in the tin, then turn out onto a wire rack.
4. Sift the icing sugar into a bowl, add the remaining zests, then stir in enough lemon juice to make a smooth, thick icing.
5. When the cake is completely cool, spread the icing over the top and let it dribble down the sides.

ORANGE

Colourfuel

April

SWEET POTATO, COCONUT AND GINGER SOUP

SERVES  10

ALLERGENS  None

INGREDIENTS

- 100ml pomace olive oil
- 10 clove garlic
- 600g onion, sliced
- 1tsp. Chilli flakes
- 2tsp. Ginger, ground
- 800g sweet potato, peeled and cut into cubes
- 800ml tap water
- 5g vegetable bouillon
- 100ml coconut cream
- Coriander leaves, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch
- 100g spinach leaves, to garnish

METHOD

1. Heat the oil in a saucepan over a medium heat. Add the garlic and onion and fry for approx. 4 minutes, until golden and softened.
2. Add the chilli flakes and ground ginger and fry for one minute, then add the sweet potato and cook for a further 2-3 minutes.
3. Add the stock and coconut milk. Bring to the boil then reduce the heat to simmer for approx. 10 minutes, then add the coriander.
4. Remove from the heat and allow to cool slightly, then pour into a food processor and blend until smooth.
5. Season, to taste, with salt and freshly ground black pepper.
6. To serve, pour the soup into a warm bowl and garnish with the spinach leaves.

ORANGE

Colourfuel

April

SWEET POTATO AND GINGER HUMMUS

SERVES  10

ALLERGENS  Sesame

INGREDIENTS

- 2 sweet potato
- 150g chickpeas, drained and rinsed
- 1tbsp. Ginger, peeled and grated
- 1 lemon, juiced
- 2tbsp. Tahini
- 1 garlic, clove
- 1tbsp. Pomace olive oil
- Lo salt, pinch
- Ground black pepper

METHOD

1. Preheat the oven to 180°C
2. Roast the sweet potato, for approx. 40 minutes, until soft. Remove from the oven and set aside to cool, then peel off the skin and blend the flesh.
3. Add all the chickpeas, followed by the rest of the ingredients
4. Add a little more lemon juice, olive oil or water if the hummus is too thick and you want a lighter consistency.

ORANGE

Colourfuel

April

SWEET POTATO PANCAKES WITH CHILLI BEANS

SERVES  10

ALLERGENS  Gluten

INGREDIENTS

- 1kg sweet potato, peeled
- 100ml vegetable oil
- 2 medium onion, chopped
- 800g kidney beans, drained
- 2tsp. Chilli powder
- 2tsp. Cumin
- 1tsp. Chilli flakes
- 800g chopped tomatoes
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Grate the sweet potato and squeeze it dry in some kitchen roll.
2. Put 2 teaspoons of oil in a frying pan over a medium heat, add a handful of the sweet potato to the hot oil, press it down with a spatula and fry over a medium heat for 4-5 minutes. Flip the pancake over and fry on the other side until it is dark brown and cooked through. Repeat this process to make 9 more pancakes.
3. Meanwhile, heat a little oil in a frying pan and fry the onion for 5 minutes, or until softened. Add the kidney beans, chilli powder, cumin, chilli flakes and chopped tomatoes. Season with salt and pepper. Cook for approx. ten minutes, until the sauce has thickened.
4. Serve the pancakes topped with the chilli beans to serve.

ORANGE

Colourfuel

April

SWEET POTATO GRATIN

SERVES  10

ALLERGENS  Milk

INGREDIENTS

- 1kg sweet potatoes, peeled and sliced thinly
- 2 tbsp. Vegetable oil
- 3 garlic cloves, finely chopped
- 1½tsp. Red chilli powder
- 250ml double cream
- Lo salt, pinch
- Ground black pepper, pinch
- Flat leaf parsley, chopped

METHOD

1. In a large mixing bowl toss the sweet potato slices with the oil and all the other ingredients until the slices are well coated and the garlic well-distributed.
2. Transfer to a lightly oiled gratin dish, spreading out the slices with your fingertips, you do not have to layer the gratin piece by piece, but try to ensure that the slices are mostly lying flat.
3. Pour over any cream remaining in the bowl and trickle the remaining oil over the gratin.
4. Bake in a preheated, fairly hot oven, 180°C for approx. 45 minutes, until the sweet potato is completely tender and the top is browned and crispy.

ORANGE

Colourfuel

April

CARROT AND STAR ANISE SOUP

SERVES  10

ALLERGENS  None

INGREDIENTS

- 250g onion
- 200g maris piper potato
- 500g carrots
- 30ml vegetable oil
- 1 star anise
- 5g vegetable bouillon
- 1ltr tap water
- Dill, small handful, chopped
- 1tbsp. Pomace olive oil
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, small handful, chopped

METHOD

1. Peel and finely chop the onion and potato. Trim and peel the carrots and finely chop them.
2. Heat a pan for 1 min, then add the oil and the chopped vegetables. Add the star anise and season with salt and pepper. Cover and set the heat to low. Sweat for approx. ten minutes, stirring now and then until the vegetables are soft.
3. Add in the vegetable stock, stir, cover, bring to the boil and simmer for approx. 20 mins until the vegetables are very tender.
4. Remove the star anise from the pan. Ladle the soup into a blender and blitz till smooth, season, add in the dill sprigs and chives to serve.

ORANGE

Colourfuel

April

CARROT SALAD WITH YOGHURT AND CINNAMON

SERVES  10

ALLERGENS  Milk

INGREDIENTS

- 1kg carrots, peeled and cut into batons
- 3tbsp. Pomace olive oil
- 1½tbsp. White wine vinegar
- 2tsp. Honey
- 1 garlic clove, crushed
- Cinnamon, ground, pinch
- 125g greek-style yoghurt
- 60ml crème fraiche
- Dill, small handful, roughly chopped
- Coriander, small handful, roughly chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Place the carrots in a steamer and steam for 8–12 minutes, until cooked through but still retaining a bite.
2. Whisk together the oil, vinegar, honey, garlic, cinnamon and seasoning in a large bowl. Add the carrots to the bowl and stir to combine. Set aside to cool.
3. Mix together the yoghurt and crème fraiche in a bowl with pinch of salt. Add this to the carrots along with the fresh herbs. Stir through gently, transfer to a serving bowl and serve immediately.



ORANGE
April

RECIPE BOOKLET

