

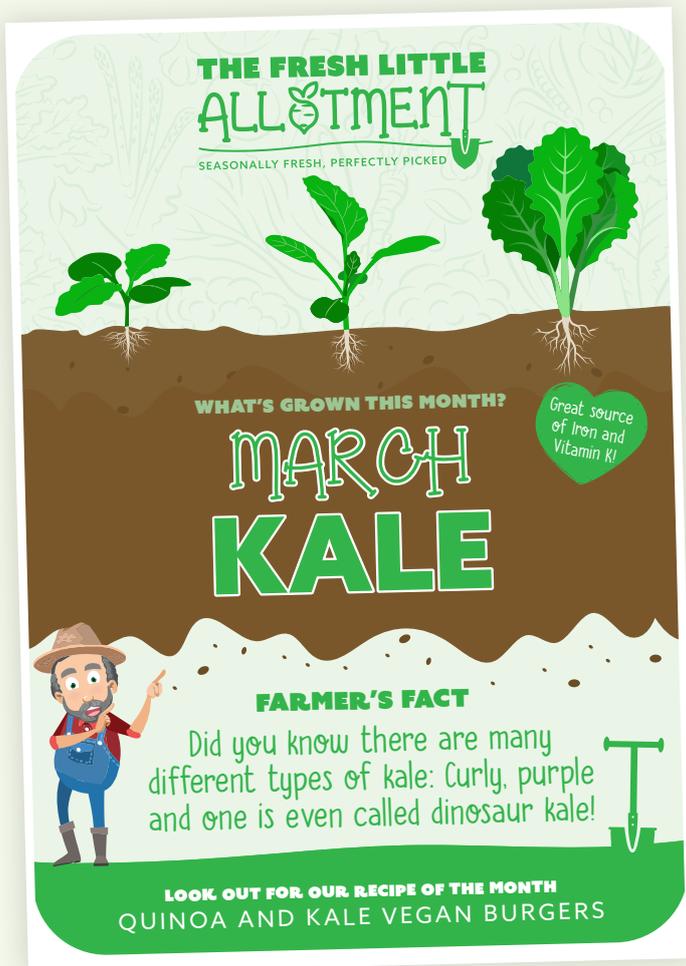


### Seasonally Fresh, Perfectly Picked

March feels like the perfect moment to celebrate one of winter's most resilient greens: kale! With its hearty texture and slightly peppery bite, kale brings vibrant colour and nutrition to even the chilliest winter meals. This month, we're using it in our Quinoa and Kale Vegan Burgers and baking it into a Kale and Portobello Mushroom Pasta Bake.

Kale is also a powerhouse of nutrients, loaded with vitamins A, C and K to support immunity, healthy skin and strong bones - just what you need to stay energized during the winter months.

**Fun fact:** Kale actually thrives in cold weather, and a touch of frost can make its leaves taste sweeter, adding a naturally delicious twist to your winter cooking.

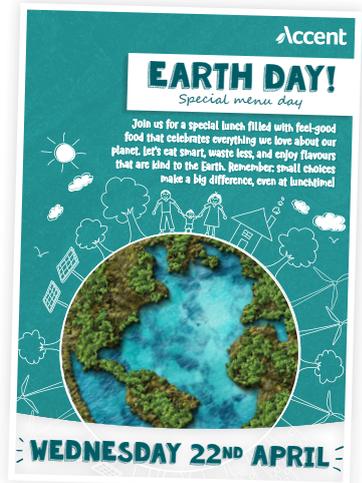


### Earth Day coming soon!

#### JOIN US IN APRIL

Get ready to celebrate our planet - it's Earth Day! A moment to appreciate the natural world and the small choices we can all make to help protect it.

Did you know? Earth Day is marked around the world to raise awareness of environmental issues and encourage people of all ages to care for the planet, today and for the future.



### Make your own Jewelled Garden Sticks:

Shiny objects may help scare pests away, while bringing a bit of fun and sparkle to the garden.



#### What you'll need:

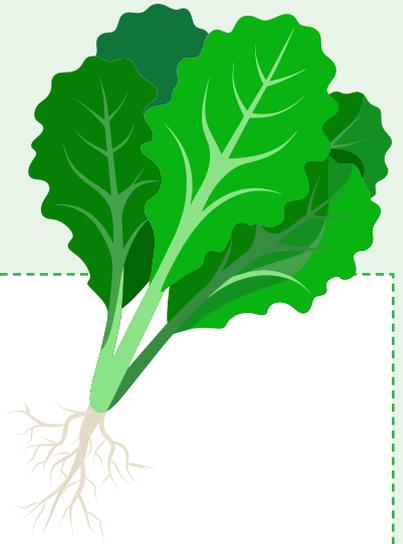
- Paint Sticks
- Gems
- Glitter
- Sequins
- Tacky Glue

#### Instructions:

1. Begin by gathering materials that sparkle and shine. Gems, sequins and glitter glue work well.
2. Spread a thin layer of tacky glue over a paint stick.
3. Next, add the shiny pieces one by one, placing them carefully like a sparkling puzzle.
4. Leave the sticks to dry in a sunny spot and enjoy how brightly they reflect the light.
5. Once fully dry, take the sticks into the garden. Look for plants that have been getting nibbled and place the sticks nearby to help protect them.

# KALE

Try out these recipes!



## Quinoa and Kale Burgers

Makes 6 Burgers

### Ingredients:

- 1 Cup Cooked Quinoa
- 1 Cup Bread Crumbs
- 1/2 Red Onion, Diced
- 1 Clove Garlic, Minced
- 1 Cup Kale, Shredded
- 1/3 Cup Fresh Coriander
- 1 Cup Carrots, Grated
- 1 Tin Cannellini Beans, Drained & Rinsed

### For the Spice Mix

- 1/2 Cup Barbeque Sauce
- 1 1/2 tsp Chilli Powder
- 1 1/2 tsp Cumin
- 1tsp Oregano
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 tsp Red Pepper Flakes

### Method:

1. In a large bowl, combine cooked quinoa and breadcrumbs.
2. Heat a medium-sized pan on the stove top with 1 tablespoon olive oil (or 1/3 cup water for oil-free). Sauté the onion and garlic (plus a sprinkle of sea salt and pepper) for about 5 minutes or until translucent. Then transfer to the large bowl.
3. In a food processor, pulse the kale, coriander and carrots until grated/shredded. Transfer to the large bowl. Next, add the white beans to food processor and pulse until mashed (doesn't have to be completely smooth, leave a few chunks). Transfer to large bowl.
4. In a small mixing bowl, combine all ingredients for spice mix. Pour over burger mixture and mix well. Form 6 burger patties.
5. Cook in a frying pan and flip gently, cook about 4 minutes on each side or until browned.
6. Serve with a crunchy garden salad.

## Kale and Portobello Mushroom Pasta Bake

Serves 6

### Ingredients:

- 300g Shell Pasta
- ½ tbsp Olive Oil
- 250g Portobello Mushrooms, Sliced
- 2 Garlic Cloves, Crushed
- 200 g Kale, Leaves Roughly Chopped, Stems Finely Chopped
- 30 g Unsalted Butter
- 30 g Plain Flour
- 650 ml Semi-Skimmed Milk
- 75g Matured Cheddar Cheese Grated

### Method:

1. Preheat the oven to 180°C.
2. Boil the Pasta for 8 minutes, then drain well and transfer to a 20cm square baking dish.
3. Meanwhile, heat the olive oil in a deep, wide frying pan over a high heat. Add the mushrooms and garlic and cook for 8-10 minutes, stirring occasionally, until the mushrooms are well browned. Remove from the pan and set aside. Add the Kale to the pan, season and cook for 4-5 minutes, stirring occasionally, until the leaves and stems have softened. Add to the mushrooms and set aside.
4. Reduce the heat to medium and add the butter to the pan to melt. Whisk in the flour, cook for 1 minute, then gradually whisk in the milk until fully combined and smooth. Bring to the boil, reduce the heat slightly and simmer for 2-3 minutes until thickened. Remove from the heat, stir through most of the cheese and season to taste.
5. Add the vegetable mix and cheese sauce to the baking dish with the pasta and mix well. Scatter with the remaining cheese and bake for 20 minutes until golden and bubbling. Leave to stand for 5 minutes, then serve.

If making these recipes at home, please refer to the packaging on the products you use for accurate allergen information

Compared to an average packed lunch an Accent school meal contains:

15%  
LESS  
SATURATED FAT

2X  
THE FIBRE

46%  
LESS  
SALT

1/2  
THE FREE SUGARS