SUMMER VEGETABLE POLONAISE

Vegetable Accompaniment: this recipe provides a portion of vegetables and counts towards the standards to provide a portion of vegetables as an accompaniment every day.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

1kg mixed summer vegetables (such as broccoli, courgette, runner beans or broad beans).
50g unsaturated fat spread
200g breadcrumbs
400g (8) eggs, hard boiled, chopped
20g fresh basil, chopped
20g fresh parsley, chopped

Method

1. Boil the vegetables until tender, then drain.
2. Meanwhile, on a low heat, melt the spread.
3. Stir in the breadcrumbs until they are evenly coated.
4. Combine the eggs, basil and parsley with the breadcrumb mixture.
5. Place the vegetables in a serving dish and top with the breadcrumb mixture.

Serving suggestion: with fish pie.

Number of portions this recipe makes:
20 primary servings (85g)
12 secondary servings (140g)

Prep: 10 minutes
Cook: 25 minutes

Allergy information:
Egg, milk, soya, wheat (gluten)

Top Tips
Try alternative seasonal vegetables such as leeks or kale

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets. For this recipe: choose oils and spreads based on unsaturated fats, and bread with less than 1.0g salt per 100g.

Government Buying Standards for Food & Catering Services

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/ww