



Spring Into March



Lovely Leeks are back again!

A great spring vegetable full of antioxidants, flavour and super versatile.

Leeks pair well with lots of other ingredients, able to take on other bold flavours.

- Garlic
- Herbs
- Heavy Cream
- Cheese
- Butter
- Bacon
- Carrot
- Eggs
- Chicken
- Fish



Method

1. Heat a good knob of butter in a pan. Fry together the garlic and the rosemary for 30 seconds. Add the mushrooms and fry over a high heat for 5 minutes until they're golden brown and all the moisture has evaporated. Season the mushrooms, then spoon onto a plate and set aside.
2. Add another knob of butter to the pan and fry the leeks over a low heat for 10 minutes until softened. Add the wine and bubble until mostly evaporated, then add the double cream. Season well, then mix in the garlicky mushrooms.
3. Meanwhile, cook the tagliatelle in boiling water for 8 minutes or according to the pack instructions, drain, then toss with the leeks and mushrooms. Season and stir in a handful of chopped fresh parsley and a good grating of parmesan or vegetarian alternative.

Leek & Mushroom Tagliatelle

Ingredients

- 200g chestnut mushrooms, sliced
- A good knob of butter in a pan
- 3 garlic cloves, finely chopped
- 2 fresh rosemary sprigs, leaves picked and finely chopped
- 3 leeks, chopped into 10cm lengths, then quartered
- 125ml dry white wine
- 90ml double cream
- 350g tagliatelle
- A handful of chopped fresh parsley
- A good grating of parmesan (or vegetarian alternative)



Kale

Keeping in with the green theme for spring; Kale is in season from August through to April making it a hearty Autumn, Winter and Spring Vegetable.

Kale is rich in K, A & C vitamins and useful amounts of calcium, manganese and copper.

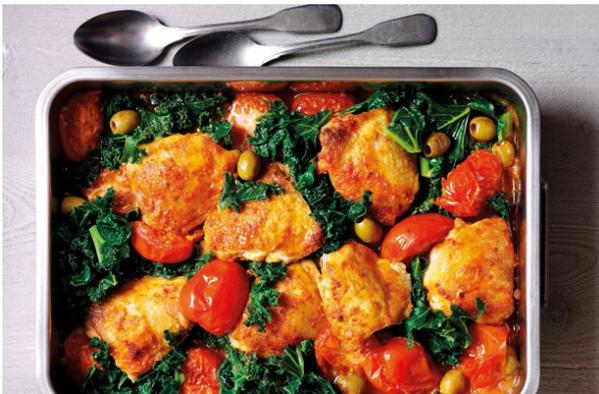
Kale is a good source of calcium for people who are on a dairy free or vegan diet.

Nutrition Information

	Raw 100g	Steamed 80g
Energy (kcal)	33	19
Protein (g)	3.4	1.9
Fat (g)	1.6	0.9
Sat Fat (g)	0.2	0.2
Carbohydrate (g)	1.3	0.8
Sugar (g)	1.2	0.7
Salt (g)	0.1	0.2
Fibre (g)	4.1	3
Calcium (mg)	130	120
Iron (mg)	1.7	1.6



Baked Chicken With Kale & Tomatoes



Ingredients

800g pack chicken thighs	500g plum tomatoes
60g pitted green olives	150ml chicken stock
2 tbsp sun-dried tomato paste	250g pack kale

Instructions

1. Preheat the oven to 200°C, gas mark 6.
2. Place the thighs in a roasting tin with the tomatoes and olives. Mix the stock with tomato paste and pour over the chicken. Bake for 20 minutes
3. Meanwhile, cook the kale in boiling water for 3 minutes, drain. Stir into the chicken and bake for a further 15 minutes until the chicken is cooked throughout.

Pineapple, Kale & Apple Smoothie

If you are unsure on Kale smoothies are a great way to get it into yours and children's diets. This is a lovely quick fresh tasting smoothie recipe.



Ingredients

½ red apple, cored and diced	50g kale
1 tsp fresh ginger, grated	200ml probiotic pouring yogurt
¼ fresh medium pineapple, cored and diced	

Instructions

1. Place all the ingredients in a blender or food processor and blitz until smooth.
2. Pour into a tall glass.
3. Cook's tip: Try replacing the pineapple with banana and add some mint.