

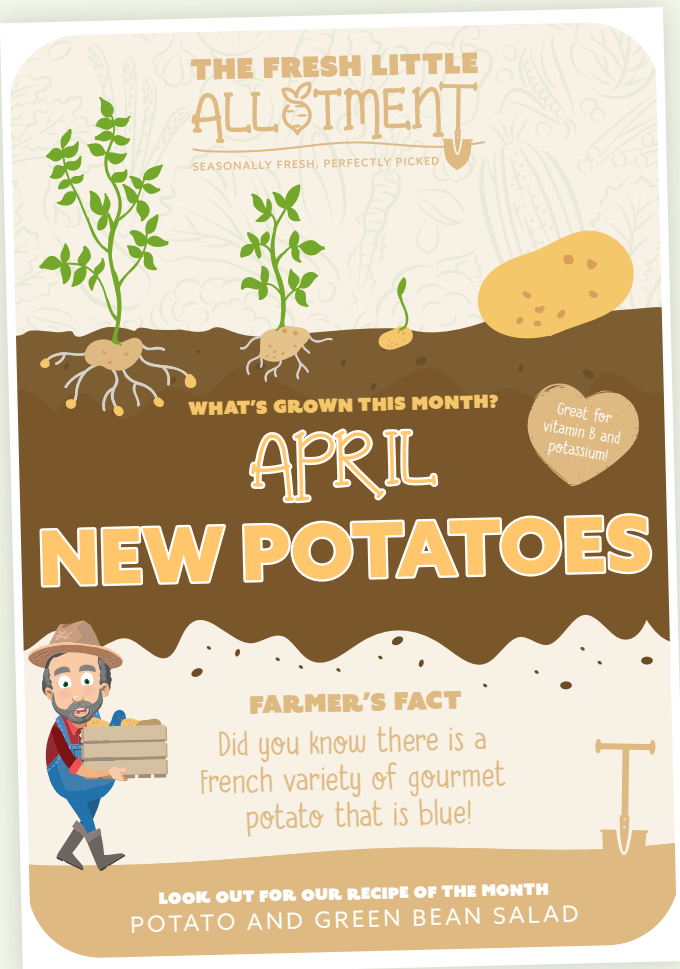


Seasonally Fresh, Perfectly Picked

April feels like the perfect time to celebrate one of spring's most delicious arrivals: new potatoes! With their smooth skins and naturally creamy texture, new potatoes bring fresh flavour and comfort to lighter seasonal meals. This month, we're using them in our Creamy New Potato and Leek Curry and tossing them into a fresh New Potato, Green Bean & Herb Salad.

New potatoes are also full of goodness, providing vitamin C, potassium and fibre to support healthy muscles, digestion and energy levels as we move into the brighter spring months.

Fun fact: New potatoes are harvested earlier than other potatoes, which gives them their thin skins, sweeter taste and creamy texture – you don't even need to peel them!



Day at the Beach coming soon!

JOIN US IN MAY

Get ready for some seaside fun – it's Day at the Beach! A chance to imagine the sound of the waves, feel the warm sand between your toes and enjoy all the excitement a beach day can bring.

Did you know? Beaches help protect the land by acting like a natural barrier, stopping strong waves from damaging the shore.



Create your own potato print:

What you'll need:

- Potatoes
- Coloured Paints
- Pens
- Paint Brush
- Card
- A Knife



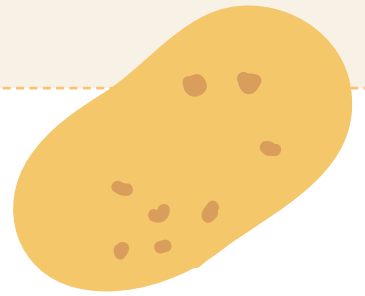
Instructions:

1. Take one of the potatoes and carefully cut it in half using a knife.
2. On the inside of one half, draw whatever you would like your print to be.
3. Carefully cut around your drawing and remove the extra potato, leaving your shape raised.
4. Paint your potato shape with any colour you like.
5. Press the painted potato onto the card and lift it up to reveal your print. Ta-da!

Remember to ask an adult for help when using sharp objects!

NEW POTATOES

Try out these recipes!



Creamy New Potato & Leek Curry

Serves 10

Ingredients:

- 2.5 kg New Potatoes, Halved
- 4 Large Leeks, Sliced
- 2 Onions, Chopped
- 3 Garlic Cloves, Minced
- 1 tbsp Grated Ginger
- 3 tbsp Mild Curry Powder
- 400 ml Coconut Milk
- 400 ml Vegetable Stock
- Salt and Pepper to taste

Method:

1. Heat a splash of oil in a large pan over medium heat. Add the onions, garlic and ginger and sauté for a few minutes until softened.
2. Add the sliced leeks and cook gently for 5 minutes, stirring occasionally.
3. Sprinkle in the curry powder and cook for 1 minute.
4. Add the diced potatoes, then pour in the coconut milk and vegetable stock. Bring everything to a gentle boil, then reduce the heat and simmer for 25–30 minutes, until the potatoes are tender and the sauce has thickened.
5. Season to taste with salt and pepper.
6. Serve hot with fluffy rice or warm flatbreads

New Potato, Green Bean and Herb Salad

Serves 10

Ingredients:

- 2.5 kg New Potatoes, Halved or Quartered if Large
- 500 g Green Beans, Trimmed and Halved
- 1 Small Red Onion, Finely Sliced
- 4 tbsp Olive Oil
- 3 tbsp White Wine Vinegar or Lemon Juice
- 3 tbsp Fresh Parsley, Chopped
- 3 tbsp Fresh Chives, Chopped
- Salt and Black Pepper to Taste

Method:

1. Bring a pot of salted water to a boil. Add the new potatoes and cook for about 15 minutes or until tender. Drain and keep warm.
2. While the potatoes cook, blanch the green beans in boiling water for 2–3 minutes, then transfer them to a bowl of cold water to stop the cooking. Drain well.
3. In a large bowl, combine the warm potatoes, green beans, sliced red onion and freshly chopped herbs.
4. In a small bowl, whisk together olive oil, vinegar, salt and pepper. Pour over the salad and toss gently to coat.
5. Serve warm or at room temperature.

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