

Colourfuel

Vibrant food for bright ideas #EatTheRainbow

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



YELLOW

May

RECIPE BOOKLET

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YELLOW

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Yellow fruits and vegetables contain vitamin C which our bodies need to stay healthy. When we don't get enough vitamin C we can get sick, our wounds take longer to heal, and our gums may become weak and we risk losing our teeth.

Vitamin C is also in lots of other fruits and vegetables which is why we always include them in our meals. Make sure you keep your body healthy by eating yellow fruits and vegetables such as yellow pepper, yellow tomatoes, pineapple or yellow kiwi!

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May

EGG AND MANGO CHUTNEY FLATBREADS

SERVES  Ten

ALLERGENS  Wheat, Milk, Eggs, Gluten

INGREDIENTS

- 20 Eggs, free range
- 500g self-raising flour, plus extra for dusting
- 450ml natural yoghurt
- 75ml olive oil
- 150g mango chutney
- 2 Red chilli, finely sliced
- Lo salt, pinch
- Ground black pepper, pinch
- Coriander, small handful, picked

METHOD

1. Lower the eggs into a pan of vigorously simmering water and boil for 5½ minutes exactly, then refresh under cold water until cool enough to handle, and peel.
2. Place a large non-stick frying pan on a medium-high heat.
3. In a bowl, mix the flour with a little pinch of sea salt, 300g yoghurt and olive oil until you have a dough. Separate into ten equal ten balls, then roll out each piece on a flour-dusted surface until just under ½cm thick.
4. Cook for approx. 3 minutes, until golden, turning halfway.
5. Dot the mango chutney and remaining yoghurt over the breads.
6. Halve two of the soft-boiled eggs and arrange on top, smashing them in with a fork, for each flatbread and repeat with the rest.
7. Finely slice the chilli and scatter over with the coriander, drizzle with a little extra olive oil and season with salt and black pepper.

YELLOW

Colourfuel

May

CINNAMON, BANANA AND BLUEBERRY MUFFINS

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten

INGREDIENTS



- 315g plain flour
- 3tsp. Baking powder
- 1½Tsp. Ground cinnamon,
- 3 Bananas, mashed
- 150g blueberries
- 60g honey
- 60ml vegetable oil
- 2 Egg, free range
- 200ml milk, semi skimmed
- 70g caster sugar
- Lo salt, pinch

METHOD



1. Preheat the oven to 180°C. Line ten holes of a muffin tin with paper muffin cases.
2. Sift the flour, baking powder, cinnamon and salt into a large mixing bowl. Add the mashed banana and blueberries and, using a fork, lightly stir the fruit through the flour.
3. In a separate bowl, lightly whisk together the honey, vegetable oil, egg and milk.
4. Add the liquid ingredients to the dry ingredients and stir until just combined. Spoon the batter into the individual muffin cases.
5. Bake in the oven for approx. 20 minutes, until risen and lightly golden.
6. Set aside to cool slightly and serve warm.

YELLOW

Colourfuel

May

SUGAR FREE LEMON CUPCAKES

SERVES  Ten

ALLERGENS  Wheat, Milk, Eggs, Gluten

INGREDIENTS

- 240g self-raising flour
- 30g poppy seeds
- 2 lemons, zest
- 165g kerrymaid
- 2 ½ tbsp. honey
- 100g Greek yoghurt
- 2 eggs, free range
- 75g cream cheese, full fat
- 2tbsp. maple syrup
- 1 lemon, zest

METHOD

1. Preheat the oven to 160°C. Line a 12-hole muffin tin with 10 paper cases.
2. Sift the flour into a bowl and stir in 20g of the poppy seeds and the lemon zest.
3. Melt together the kerrymaid and honey then leave to cool for a few minutes.
4. Whisk together the yogurt and eggs, then add the kerrymaid and honey mixture. Pour the wet ingredients into the dry and mix well.
5. Divide between the 10 paper cases and bake for approx. 20 minutes, until risen and lightly golden. Remove from the tin and allow to cool on a rack.
6. To decorate, mix the remaining poppy seeds with the cream cheese and place a dollop on top of each cupcake.
7. Drizzle with maple syrup and sprinkle over the lemon zest.

YELLOW

Colourfuel

May

VEGAN BANANA BREAD SUPER FOOD SMOOTHIE

SERVES



Ten

ALLERGENS



Wheat, Rye, Barley,
Gluten

INGREDIENTS



- 8 bananas, frozen
- 700g buckwheat
- 75g dates, chopped, soaked in warm water for an hour
- 2ltr water
- 20ml vanilla essence
- 2tsp. ground cinnamon
- ground allspice, pinch

METHOD



1. Place in your blender in the order of the ingredients listed, then blend for 30 seconds or until smooth and then serve.

YELLOW

Colourfuel

May

CANTONESE CREAM CORN SOUP

SERVES  Ten

ALLERGENS  Wheat, Eggs

INGREDIENTS

- 1ltr. vegetable stock
- 300g sweetcorn
- pinch, lo salt, to taste
- ½tsp. granulated sugar
- pinch, ground white pepper
- 2tsp. rice wine vinegar
- 1tbsp. cornflour
- 2 egg whites, lightly beaten
- 2 spring onions, finely chopped for garnish

METHOD

1. Bring the vegetable stock to a boil in a saucepan over medium heat. Stir in the corn and bring back to a boil.
2. Stir in the salt, sugar, white pepper and rice wine. Cook for about 2 minutes to bring back to a boil again.
3. Mix the cornflour with water and pour into the boiling soup, stirring to thicken. When the soup has thickened, turn the heat down low.
4. Pour the egg whites into the soup in a steady stream, and quickly stir in a clockwise direction until they form thin shreds, approx. 3 minutes.
5. Add the spring onions for garnish.
6. Check seasoning and serve.

YELLOW

Colourfuel

May

BANANAS WITH CINNAMON COCONUT CREAM SAUCE

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 5 Bananas
- 800ml coconut milk
- 1tsp. cinnamon, or to taste
- 4tbsp. caster sugar
- 2tbsp. cornflour
- 6tbsp. coconut milk
- mint leaves, small handful, to garnish

METHOD



1. Peel the bananas and cut into quarters.
2. Steam the bananas in a covered steamer over a wok filled with boiling water.
3. Bring the coconut milk to a boil. Stir in the cinnamon and sugar.
4. Mix the cornflour and coconut milk to a paste. Add to the saucepan, stirring quickly and bring to the boil to thicken.
5. Place 2 pieces of the steamed banana into serving dishes and pour the sauce over. Garnish with mint leaves.

YELLOW

Colourfuel

May

QUINOA BANANA CAKE

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS



- 100g quinoa flour
- 2tsp. baking powder
- 100g light soft brown sugar
- 1 banana
- 4tbsp vegetable oil
- 1tbsp orange rind, zested
- 1tsp. orange rind, grated
- 3tbsp. orange juice
- 10ml oil, for greasing

METHOD



1. Pre-heat the oven to 160°C.
2. Rub some oil around the inside of a 1lb loaf tin.
3. Measure the flour and baking powder into a bowl and stir to combine.
4. Put the brown sugar into a large mixing bowl, add the banana and mash into a paste.
5. Beat in the oil.
6. Make a tablespoon of fine orange zest strips and set this aside.
7. Finely grate a teaspoon of orange rind and add this to the mixing bowl.
8. Squeeze the orange juice, add it to the bowl and stir to combine.
9. Sieve the prepared flour blend into the bowl and mix well.
10. Tip the mixture into the prepared tin and smooth the top.
11. Sprinkle the prepared zest strips over the top of the cake.
12. Bake for approx. 35 minutes, until an inserted skewer comes out clean.

YELLOW

Colourfuel

May

CHEESE AND SWEETCORN QUINOA MUFFIN BITES

SERVES



Ten

ALLERGENS



Mustard, Milk,
Eggs

INGREDIENTS



- vegetable oil, for greasing
- 180g quinoa, rinsed well and drained
- 6 eggs, free range, beaten
- 6 spring onions, roughly chopped
- 6 tomatoes, roughly chopped
- 120g cheddar cheese, grated
- 120g sweetcorn
- 1tsp. mustard powder
- 1/2 salt, pinch
- ground black pepper, pinch

METHOD



1. Preheat the oven to 180°C. Lightly grease a 12-hole muffin tin with a little vegetable oil.
2. Put the quinoa into a large saucepan, add 540ml cold water and bring to the boil over a high heat. Stir well then reduce the heat and simmer for approx. 20 minutes, until all the water has been absorbed and the quinoa is tender.
3. Tip the quinoa into a sieve and rinse with cold running water to stop the cooking process. Use your hands to squeeze out any excess water.
4. Beat together the eggs, vegetables, cheese and sweetcorn. Stir in the quinoa and mustard powder and season with salt and pepper.
5. Divide the mixture between the muffin holes and bake for approx. 18 minutes until golden brown.

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May

SILKY MASALA EGGS

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs,
Gluten,

INGREDIENTS



- 2 red onions
- 2 green chilli
- 2 garlic, clove
- coriander, small handful, chopped
- 4 tomatoes
- 10 naan bread
- 50ml olive oil
- 1tsp. cumin seeds
- 2tsp. garam masala
- 1tsp. ground turmeric
- 14 eggs, free-range

METHOD



1. Preheat the oven to 160°C.
2. On a chopping board, peel and finely slice the onion, deseed and finely slice the chilli, then peel and crush the garlic.
3. Pick and roughly chop the coriander leaves, finely chopping the stalks.
4. Halve, deseed and finely chop the tomatoes.
5. Place the naan on a tray and into the oven to warm through.
6. Heat the olive oil in a large non-stick frying pan over a medium-low heat, add the onion, chilli, garlic and coriander stalks, then fry for 5 minutes, or until softened, stirring regularly.
7. Add the spices, then cook for 1 minute, or until smelling fantastic.
8. Meanwhile, crack the eggs into a bowl, add a pinch of sea salt and black pepper, then beat with a fork.
9. Scatter the chopped tomatoes into the pan, cook for a further 2 minutes, then pour in the eggs and reduce the heat to low.
10. Stir slowly until you've got beautiful silky strips of just cooked egg, surrounded by softer, custardy egg, then remove from the heat – the residual heat of the pan will continue to cook the eggs.
11. Stir the coriander leaves into the eggs, then serve with warm naan and a little extra chilli scattered over, if you like.

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May

INDIAN CORN KOSUMALLI SALAD

SERVES  Ten

ALLERGENS  Wheat, Milk, Gluten

INGREDIENTS

- 1kg sweetcorn
- 30ml vegetable oil

For the vinaigrette

- 2 garlic, clove, crushed
- 2 tomato, finely chopped

- 3 green chillies, slivered into long pieces
- coriander, large handful, chopped
- 2 lemons, zest and juice
- 60g desiccated coconut, toasted
- 30ml pomace olive oil
- 1 salt, pinch
- 350g naan bread, cut into strips and lightly toasted

METHOD

1. In a medium saucepan, heat the oil and add the green chillies and the crushed garlic. Once the green chillies give out a nice aroma, remove from heat and set aside to cool.
2. In a bowl mix the sweetcorn and the chopped tomatoes, lemon zest and juice, chopped coriander and toasted coconut and season. Add in the chilled garlic and chilli.
3. To serve place in a salad bowl and garnish with coriander leaves, desiccated coconut and the toasted naan strips.

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May

CORN AND TOMATO SALAD

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 500g cherry tomatoes, halved
- 650g sweetcorn, drained and rinsed
- 4 spring onions, finely chopped
- 1 red chilli, deseeded and thinly sliced
- coriander, small handful, finely chopped
- 1 lime, juiced
- 2tbsp. pomace olive oil
- 10 salt, pinch
- ground black pepper, pinch

METHOD



1. Put all the ingredients in a bowl, season and toss together.

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May

BOMBAY OMELETTE

SERVES



Ten

ALLERGENS



Eggs, Gluten

INGREDIENTS



- 3 red onion
- 10 tomatoes
- coriander, large handful, chopped
- 4 green chillies
- 20 eggs, free range
- 2½tsp. ground turmeric
- 2½tsp. garam masala
- 2½tsp. ground cumin
- 250g spinach leaves
- 2 lemons
- 150g kerrymaid

METHOD



1. Peel and finely chop the onion. Halve the tomatoes, scoop out the seeds with a teaspoon and discard, then finely chop the flesh.
2. Finely chop the coriander stalks and leaves. Halve the chilli, deseed and finely slice.
3. Whisk the eggs together until well combined, then season generously and whisk in the onion, tomatoes, coriander, chilli, turmeric, garam masala and cumin.
4. Put the spinach leaves into a bowl, squeeze just enough lemon to coat, toss together, then leave to one side.
5. Melt a little of the kerrymaid in a medium non-stick frying pan over a medium heat and ladle in a little of the omelette mixture. Swirl the eggs around for 2 minutes, pushing them to the middle and tilting the pan so that all the mixture has a chance to set.
6. Leave it for a minute, until fully cooked, then slide the omelette on to your serving plate. Top with a little of the dressed spinach and fold the omelette in half.
7. Serve straight away, and repeat with the remaining kerrymaid, omelette mix and spinach.

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Colourfuel

May

SWEETCORN AND TOMATO MUFFINS

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS



- 250g sweetcorn
- 250g plain flour
- 50g semolina
- 2tsp. baking powder
- 50g cheddar, grated
- 1tsp. cumin seeds, toasted
- 3 eggs, free range
- 100g cherry tomatoes, halved
- tarragon, few leaves, roughly chopped
- coriander, small handful, chopped
- 250ml milk, semi skimmed
- 100ml vegetable oil
- 1/2 salt, pinch
- ground black pepper, pinch

METHOD



1. Preheat the oven to 160°C and grease a 12-hole muffin tin.
2. Put the cumin seeds in a dry frying pan and cook over a low heat for 2 minutes, until lightly toasted.
3. In a large bowl, combine the flour, semolina, baking powder, cumin seeds and cheese. Season well and set aside.
4. In a separate bowl, beat the eggs with the herbs, sweetcorn, oil and milk. Add the egg mixture to the dry ingredients and stir until just combined and drop in the cherry tomatoes.
5. Divide the muffin mixture between the muffin-tin holes and bake for approx. 18 minutes, until risen and golden. Leave to cool a little and serve warm.

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Colourfuel

May

SKINNY LEMON CUPCAKES

SERVES



Twelve

ALLERGENS



Wheat, Sulphur Dioxide,
Milk, Eggs, Gluten

INGREDIENTS



- 200g self-raising flour
- ¼tsp bicarbonate of soda
- 75g golden caster sugar
- 1 lemons
- 2 eggs, free range
- 150ml natural yoghurt
- 20ml milk, semi-skimmed
- 20ml sunflower oil
- 100g icing sugar
- 15ml lemon juice

METHOD



1. Preheat the oven to 180°C. Line a 12-hole deep muffin tin with some non-stick paper cases or folded squares of baking parchment.
2. Sift the flour and bicarbonate of soda into a large bowl and stir in the sugar and lemon zest. Make a well in the centre. Beat the eggs with a large whisk until smooth, then beat in the yoghurt, milk and oil until well combined. Stir into the flour mixture with a large metal spoon until very lightly mixed.
3. Divide the batter between the paper cases. Bake in the centre of the oven for approx. 16 minutes until the cupcakes are well risen and golden brown.
4. Transfer them to a wire rack and leave to cool.
5. To make the lemon icing, mix the icing sugar and lemon juice in a small bowl until smooth and runny. Using a spoon, drizzle the icing over the cupcakes and leave to set for at least 30 minutes before serving.

YELLOW

Colourfuel

May

FIGGY BANANA BREAD

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS



- 150g dried figs
- 100g sultanas
- 75ml olive oil
- 125ml natural yoghurt
- 1tbsp. vanilla extract
- 4 bananas
- 2 eggs, free-range
- 150g wholemeal self-raising flour
- 1tsp. baking powder
- 100g ground polenta
- 1tbsp. poppy seeds
- ½tsp. ground turmeric
- 1 apple
- 50g pumpkin seeds

METHOD



1. Preheat the oven to 180°C. Line a 25cm ovenproof frying pan or tin with a scrunched sheet of wet greaseproof paper.
2. Place the figs in a food processor with the oil, yoghurt, sultanas, vanilla extract, peeled bananas and eggs, then blitz until smooth.
3. Add the flour, baking powder, ground polenta, poppy seeds and turmeric and pulse until just combined, but don't overwork the mixture.
4. Coarsely grate and stir in the apple.
5. Spoon the mixture into the prepared pan and spread out evenly.
6. Tear over the remaining figs, pushing them in slightly, then scatter over the pumpkin seeds.
7. Bake for approx. 35 minutes, until golden, cooked through and an inserted skewer comes out clean. Transfer to a wire rack to cool a little before serving.



YELLOW

May

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