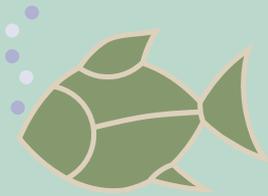




24 March 2018
#PromiseForThePlanet

Earth Hour recipes





EARTH HOUR RECIPES

#PROMISEFORTHEPLANET

To mark this year's Earth Hour, Sodexo in partnership with WWF, is encouraging people in the UK to eat more vegetables as part of a healthy, sustainable diet #PromiseForThePlanet

Throughout the world it requires vast amounts of land, carbon and water to meet our current demand for meat and dairy products. A recent WWF report, *Appetite for Destruction*, showed how the UK food supply alone is linked to the potential extinction of an estimated 33 species. WWF's Livewell diet shows that moderating your meat consumption and eating more vegetables, pulses and wholegrains is not only a better choice for your health, it reduces your carbon and water footprint, helps to protect wildlife and ultimately, our planet.

The Earth Hour Recipes in this booklet build on Sodexo's Green & Lean range for schools. They are designed to give you a taste of how more vegetables can be packed into favourite meals - even those containing meat - without compromising on flavour.

Last year around nine million people in the UK participated in Earth Hour, and now we challenge you to have a go at cooking these dishes at home in support of protecting the planet. Send us in a photo of your creation on social media, and don't forget to use #EarthHourUK so that we can share our favourites. Visit uk.sodexo.com/home/corporate-responsibility/healthy-lifestyles.html for more information on Sodexo's commitment to healthy lifestyle.

Visit wwf.org.uk/earthhour to make your Earth Hour Promise.

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SIMPLE SWEET & SOUR CHICKEN

(SERVES 4)

The Livewell diet means you can eat 9g of chicken every day. But most of us don't eat meat in 9g portions. You can still follow a Livewell diet by eating the 80g serving per person of chicken in this dish every nine days. Or why not eat a smaller 60g portion every week?

Ingredients

1 teaspoon rapeseed oil
200g butternut squash
320g farm assured diced chicken breast
240g peppers
Half teaspoon ginger
2 cloves garlic
6 water chestnuts
80g spring onions
150g pineapple

For the sauce

1 teaspoon soft light brown sugar
2 teaspoons white rice vinegar
3 teaspoons rice wine
2 teaspoons soy sauce
700ml vegetable stock
10g tomato paste
12g cornflour
2 teaspoons water
Pinch of ground white pepper

Preparation

1. Deseed and dice the peppers into 2cm pieces, peel and dice the butternut squash, peel and finely dice the garlic and ginger.
2. Drain and slice the water chestnuts, cut the spring onion into 2.5cm pieces. Cube the peeled pineapple.

Method

1. Heat the oil in a wok or large frying pan. Add the chicken, peppers, ginger and garlic. Fry for 2-3 minutes.
2. Add the water chestnuts, spring onions, butternut squash and pineapple and fry for about 30 seconds.
3. Add all the sauce ingredients and bring to the boil.
4. Reduce the heat and simmer for about 6 minutes.
5. Season with white pepper. Check for taste and flavour before serving.
6. Serve with brown rice.



BEEF HOTPOT

(SERVES 4)

The Livewell diet means you can eat 4g of beef every day. But most of us don't eat meat in 4g portions. You can still follow a Livewell diet by eating the 80g serving per person of beef in this hotpot every 20 days. Or why not eat a smaller 40g portion every 10 days?

Ingredients

Large knob of butter
320g diced stewing steak
1 teaspoon rapeseed oil
120g small button onions
320g carrots
200g turnips
Heaped teaspoon
wholemeal flour
320ml of vegetable stock
20g fresh thyme
600g potatoes
Salt and pepper to taste

Preparation

1. Peel and dice the carrots and turnip, peel and slice the potatoes.
2. Preheat the oven to 170C/325F/Gas Mark 3.

Method

1. Heat a large casserole dish until very hot then add the oil and half of the butter. Fry the beef until browned all over, then remove from the pan and set aside (you may need to do this in batches).
2. Heat the oil, add the onions and fry for 2-3 minutes, or until lightly browned. Add the carrots and turnips, cook for a further minute.
3. Stir in the flour stirring until smooth. Add the browned beef and the stock, season with salt and freshly ground black pepper and bring to the boil.
4. Stir in the fresh thyme, then arrange the potatoes on top. Dot the surface with the remaining butter.
5. Cover with a lid and cook in the oven for one hour. Remove the lid and increase the heat to 200C/400F/Gas Mark 6 for 30 minutes. Check for taste and flavour before serving.

SAAG ALOO WITH ROASTED GOBI CURRY

(SERVES 4)

The Livewell Plate shows the amount of different foods you can eat to have a sustainable diet. This vegan Saag Aloo is a great example of a tasty dish you can eat regularly since having more plants whilst moderating meat is good for the environment.

Ingredients

For the roasted cauliflower

One large cauliflower
Half teaspoon extra virgin
olive oil

For the curry

1 teaspoon rapeseed oil
150g onions
Half teaspoon ginger
Pinch black mustard seeds
3 curry leaves
Half teaspoon ground
turmeric
Pinch fenugreek
24g green chillies
Half teaspoon mild chilli
powder
300g potatoes
1 and a half teaspoon
caster sugar
300g chopped tomatoes
480g baby spinach leaves
4 tablespoons water
Pinch black pepper
Juice of half lemon

Preparation

1. Slice onions and dice potatoes.
2. Preheat the oven to 170C/325F/Gas Mark 3.

Method

1. Break the cauliflower into bite-sized florets and place into a baking tray. Drizzle with olive oil and season with freshly ground black pepper, mixing until well combined. Roast for 20 minutes or until golden-brown and tender.
2. For the vegetable curry, heat the oil in a large saucepan over a medium heat and fry the onion for 2-3 minutes, or until translucent.
3. Add the ginger, mustard seeds, curry leaves, turmeric, fenugreek, whole green chillies and chilli powder. Cook for 2-3 minutes, stirring frequently, until the mustard seeds pop and become aromatic. Add the diced potatoes and stir to coat in the spices.
4. Add the tomatoes, spinach leaves, sugar and water. Bring to a simmer and cook for 20 minutes, stirring occasionally.
5. Stir the roasted cauliflower florets into the curry and season with freshly ground black pepper. Add a squeeze of lemon juice to taste. Check for taste and flavour, serve with basmati rice or bread.



HAKE & LEEK CHOWDER

(SERVES 4)

Fish can be a really nutritious addition to a meal. It is high in protein, low in fat and contains healthy omega-3 fatty acids. However, fish stocks can be put under serious threat if species are overconsumed. When shopping for fish try different species such as the hake in this chowder and always look for the MSC or ASC label, which shows it has been sustainably caught.

Ingredients

400g leeks
10g fresh thyme
2 corn on the cob
600g new potatoes
3 MSC hake fillets
180ml milk
120ml water
2 bay leaves
6g fresh parsley
black peppercorns

Method

1. Slice and wash the leeks thoroughly, cut potato into bite size chunks. Combine the water and the milk to create the poaching liquor.
2. In a deep pan, heat the butter until melted. Add the leeks with the thyme and cover with a circle of greaseproof paper big enough to tuck down a little over the leeks. Cover with a lid so no steam escapes. Cook gently for about 10 minutes.
3. Run a sharp knife down the sides of the corn to remove the kernels and add them to the pot with the potatoes. This will add some body to the chowder. Replace the greaseproof paper and lid and continue to cook for a further 10 minutes.
4. Meanwhile, place the hake fillets in another shallow pan and pour in the milk; enough just to cover the fish. Add a bay leaf or two and a sprinkling of peppercorns. Bring to a gentle simmer and cook the fish for eight minutes or so, being careful not to over cook it.
5. Lift the lid of the pan containing the leeks and sweetcorn and remove the greaseproof paper. Ladle in the poaching liquid from the fish, removing bay leaves and peppercorns. Add large chunks of the cooked hake, removing any bones as you go. Bring to a simmer and finish with a good sprinkling of chopped parsley. Check for taste and flavour before taking the pan to the table to serve in bowls.

PAPRIKA SPICED BEANS ON TOAST

(SERVES 4)

It's well known that meat, fish and dairy are high in protein but did you know that pulses and beans are also a great protein source? These paprika spiced baked beans make a quick and delicious lunchtime meal, and by making them from scratch you can control the amount of sugar and salt that is added.

Ingredients

120g onions
3 garlic cloves
6ml olive oil
90g tinned tomatoes
3g smoked paprika
720g cannellini beans
3 sourdough baguettes

Method

1. Peel and chop the onions, slice the garlic, drain the beans.
2. Fry the onions and garlic in a little oil until soft, add the tomato, beans and a dash of water and cook for 10 minutes until almost dry.
3. Add smoked paprika and a drizzle more olive oil and season with salt and pepper. Check for taste and flavour.
4. Pour the beans on top of the split toasted baguette and eat straight away.

ROASTED BEETROOT & QUINOA WITH MACKEREL

(SERVES 4)

Fish can be a really nutritious addition to a meal. It is high in protein, low in fat and contains healthy omega-3 fatty acids. However, fish stocks can be put under serious threat if species are overconsumed. When shopping for fish try different species such as the mackerel in this roasted beetroot and quinoa dish and always look for the MSC or ASC label, which shows it has been sustainably caught.

Ingredients

4 MSC mackerel fillets
700g beetroot
20ml rapeseed oil
350g red and white quinoa
15g pumpkin seeds
15g sunflower seeds
170g soya beans
1 lemon
15g clear honey

Method

1. Wash, peel and cut the beetroot into wedges and cook in boiling water for 2-3 minutes. Plunge into ice cold water. Rinse and pod the soya beans. Juice the lemon.
2. Cook the quinoa as pack instructions. Heat the oven to 180°C. Trim the fish and remove any bones. Heat up a grill.
3. Mix together the beetroot, a third of the oil and black pepper. Place in a dish and roast for 30-35 minutes or until tender, turning halfway through cooking. Place the seeds and nuts on a baking tray and bake until lightly coloured.
4. In a large bowl mix together the beetroot, beans, nuts, seeds, lemon juice and honey.
5. Brush the mackerel fillets with oil and a few turns of black pepper. Place on a suitable tray and grill skin side up until starting to colour. Finish cooking in the oven until cooked through.
6. To serve, spoon a portion of salad in the centre of a bowl or plate and top with a mackerel fillet.

TOM YUM YUM STEW

(SERVES 4)

The Livewell Plate shows the amount of different foods you can eat to have a sustainable diet. This vegetarian Tom Yum Yum Stew is a great example of a tasty dish you can eat regularly since having more plants whilst moderating meat is good for the environment.

Ingredients

2 garlic cloves
10g lemon grass
40g ginger
1 lime
20g fresh coriander
2g red chillies
50g shallots
15ml rapeseed oil
300ml skimmed milk
80ml coconut milk
300g soya beans
250g button mushrooms
100g tomatoes
50g spring onions
350ml water
250g beanshoots

Method

1. Zest limes for the paste, wash all salad ingredients, chop coriander for paste, slice the mushrooms, cut the tomatoes into thin wedges, blanch the bean shoots for one minute and refresh.
2. Put all the paste ingredients in to a food blender and blitz until a smooth paste is made.
3. Warm a suitable pan and add the paste stirring for a few minutes to release the flavours.
4. Add the water, coconut milk and skimmed milk and bring to a gentle simmer. Turn off the heat and add the soy beans, mushrooms, tomato wedges and beanshoots.
5. Check for taste and flavour and add the lime juice. Finish with fine slices of spring onion and coriander leaves.



For more information on Eating for 2 degrees visit
www.wwf.org.uk/eatingfor2degrees

For more information on Appetite for Destruction visit
www.wwf.org.uk/updates/appetite-for-destruction

Visit

uk.sodexo.com/home/corporate-responsibility/healthy-lifestyles.html for
more information on Sodexo's commitment to healthy lifestyles

To find out more about Sodexo and WWF's collaboration visit
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