



Seasonally Fresh, Perfectly Picked

This month, we're celebrating beetroot, a beautifully rich and earthy vegetable that brings both colour and depth to seasonal dishes. Its naturally sweet flavour and vibrant hue make it a stand-out ingredient for early summer, adding a delicious twist to both hearty and light meals. This month, we're featuring it in our Beetroot, Feta and Seeds Salad and our Beetroot Arancini.

Alongside its striking appearance, beetroot is also packed with nutritional benefits. It's a great source of fibre, folate and antioxidants, which can help support heart health and overall wellbeing.

Fun fact: Beetroot was once used as a natural dye in ancient times, prized for its deep red colour long before it became a popular ingredient in cooking!

World Chocolate Day coming soon!

JOIN US IN JULY

Get ready to indulge for World Chocolate Day! A perfect time to enjoy one of the world's most loved treats and appreciate the rich, comforting flavour that chocolate brings to so many of our favourite foods.

Did you know? Chocolate has been enjoyed for over 3,000 years, originally as a bitter drink by ancient civilisations before becoming the sweet treat we know and love today!



Tie Dye your own t-shirt:



What you'll need:

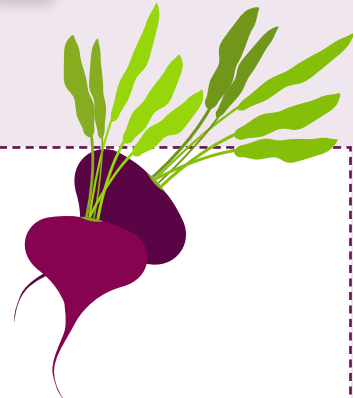
- Cooked beetroot (or beetroot juice)
- White T-shirt
- Elastic bands or string
- Gloves
- Bowls or containers

Instructions:

1. Twist, fold or scrunch your t-shirt and secure it with elastic bands.
2. Dip or pour the beetroot juice over the t-shirt, making sure it soaks in well.
3. Leave it to absorb for a few hours (or overnight for deeper colour).
4. Rinse gently in cold water and leave to dry.
5. Remove the bands to reveal your unique pattern!

BEETROOT

Try out these recipes!



Beetroot, Feta and Seeds Salad

Serves 10

Ingredients:

- 600 g Cooked Beetroot, Peeled and Cut into Wedges
- 125 g Feta Cheese, Crumbled
- 50 g Pumpkin Seeds
- 80 g Rocket
- 40 ml Olive Oil
- 20 ml Balsamic Vinegar
- Salt and Pepper to taste

Method:

1. In a large bowl, combine beetroot, rocket, and nuts.
2. Drizzle with olive oil and balsamic vinegar.
3. Season with salt and pepper. Toss gently.
4. Top with crumbled feta just before serving.

Beetroot Arancini

Serves 10

Ingredients:

For the Risotto:

- 300 g Raw Beetroot, Peeled and Grated
- 400 g Arborio Rice
- 1.3 L Vegetable Stock
- 1 Large Onion, Finely Chopped
- 2 Garlic Cloves, Minced
- Olive Oil
- 100 g Parmesan or Hard Cheese, Grated
- Salt and Pepper to taste

For the Mozzarella:

- Beetroot Risotto
- 150 g Mozzarella, Grated
- 100 g Plain Flour
- 4 Large Eggs
- 150 g Breadcrumbs
- Oil for Deep Frying

Method:

For the Risotto:

1. Peel and finely grate or finely dice fresh beetroot.
2. In a large saucepan, heat a splash of olive oil over medium heat. Add one finely chopped onion and cook gently for 3–4 minutes until softened and translucent.
3. Stir in the minced garlic cloves and cook for another minute. Add the Arborio rice to the pan and stir well for 1–2 minutes. Stir in the grated beetroot.
4. Start adding the vegetable stock (about 900 ml in total), one ladleful at a time, stirring frequently. Wait for each addition to be mostly absorbed before adding more.
5. Continue adding stock and stirring for 18–20 minutes, until the rice is creamy but still has a slight bite.
6. Stir in the butter and grated Parmesan. Season with salt and black pepper to taste.
7. Spread the risotto onto a baking tray to cool quickly. Chill in the fridge for at least 30 minutes.

For the Arancini

1. Lightly wet your hands to prevent sticking.
2. Scoop about 2 tablespoons of risotto and flatten it slightly in your palm.
3. Place a small cube of mozzarella in the centre.
4. Carefully wrap the risotto around the cheese, shaping it into a compact ball. Repeat with the remaining risotto.
5. For the arancini coating, place the flour in one shallow bowl and beat the eggs in a second bowl. Pour breadcrumbs into a third bowl.
6. Roll each risotto ball lightly in the flour, shaking off any excess. Dip into the beaten egg until evenly coated. And then roll in the breadcrumbs, pressing gently so the crumbs adhere well.
7. Heat oil in a deep pan or fryer to 170–180°C. Fry the arancini in batches for 3–4 minutes, until golden brown and crisp all over. Remove with a slotted spoon and drain on paper towels. Serve your beetroot arancini hot.

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