

Order Form

Let us know what you need by **Tuesday** and we'll have it ready for collection on Saturday morning.

Ingredients

Quantity

Hill House School

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Let's Eat!



Hill House School



Stay Healthy

We live in a beautiful part of the world and it is even more picturesque at this time of the year with the frost and occasional snow. The best way to stay warm and healthy is to take regular exercise like a walk in the forest or a run around the Hub in the fresh air and then enjoy a healthy snack.

Thaw out with warm milk or hot chocolate, adding a marshmallow or two for a special treat.

Healthy snacks are available for both morning and afternoon break. In the morning, you can come to the kitchen and get fresh fruit and snacks. In the afternoon, come to the Let's Eat café for a choice of savoury snacks, dried fruits, homemade flapjacks and fruit and nut bars.

Great for giving you energy for the rest of the day!

Hill Fresh!

Planning to cook dinner together at home on the weekend? Let us help!

We can provide a box of all the key ingredients you need to get you started.

Simply complete the order form in this leaflet and hand it to us by lunchtime on Tuesday so we can order everything you need for a freshly prepared meal on the Saturday!

We can even help you with suggestions for healthy meals and give you some easy-to-follow recipes to get you started.

Why not try the one included in this leaflet!





Comfort Food

In the depths of winter, when it's cold and wet outside, our thoughts often turn to comfort foods—something enjoyable to eat that makes you feel happier. Our choice of comfort food is often because it reminds us of fond memories or occasions connected with friends and family.

Cooking and eating food together is a great way to improve your mental well-being so why not create new memories or mark a celebration in your home by cooking and sharing a meal together.

Using the Hill Fresh ordering scheme, we can help you make healthy choices with your recipes and ingredients. For example, fresh baked bread with whole grains to bump up fibre and nutrients—delicious and comforting—or add a side salad for crunch and colour.

Both are especially delicious with our Take 5—Easy Chili recipe that uses only 5 ingredients and takes only 5 minutes to prepare!

Why not make it in the slow cooker and enjoy the wonderful smell as it cooks during the day.

Take 5 - Easy Chili

Serves 4-6 healthy appetites

Prep: 5 mins

Cook: 20 mins

Ingredients

450g minced beef (minced turkey)

1 onion, finely chopped

3 tins (450g) chopped tomatoes

2 tins (450g) beans (kidney beans, black beans, mixed or even baked beans—whatever you like!)

2 tbsp chili powder

Optional toppings: try grated cheese, sour cream, chopped peppers and onions etc.

Method

STEP 1

In a large pan, cook the minced beef over a medium-high heat until

browned, stirring frequently. Using a slotted spoon, transfer the cooked beef to a separate plate. Reserve a little oil in the saucepan and discard the rest.

STEP 2

Add the onion to the pan and fry gently for 4-5 minutes until soft.

STEP 3

Add the remaining ingredients along with the cooked beef and stir to combine. Bring to a boil then reduce the heat to medium-low and simmer for 10 minutes.

STEP 4

Add toppings and serve immediately!

