



### Seasonally Fresh, Perfectly Picked

This month, we're shining a spotlight on basil, a wonderfully fragrant herb that adds a fresh and uplifting flavour to seasonal dishes. Its distinctive aroma and vibrant taste make it a perfect addition to summer cooking, bringing both warmth and freshness to every plate. This month, we're featuring basil in our Basil and Aubergine Stir Fry Noodle Salad and our Swirly Basil Flatbread.

Alongside its lovely flavour, basil also offers nutritional benefits. It contains important vitamins such as vitamin K and vitamin A, as well as natural compounds that help support overall health.

**Fun fact:** Basil has been grown for over 5,000 years and was once considered a symbol of love and protection in many cultures around the world!

### Can you help find these words?

- |       |       |       |
|-------|-------|-------|
| Basil | Green | Stem  |
| Leafy | Herb  | Bunch |

I	Z	H	X	T	O	B	P	F	Q
D	H	H	E	Q	W	U	J	C	P
B	A	S	E	R	F	N	S	K	S
U	D	X	U	X	B	C	P	C	T
S	Z	X	X	Y	K	H	O	G	E
R	E	S	A	L	S	X	G	R	M
B	A	S	I	L	E	T	M	E	J
B	W	G	P	L	L	F	F	E	L
H	Y	L	E	A	F	Y	X	N	W
W	J	W	K	T	F	G	L	H	O



### Create your own cress head:



#### What you'll need:

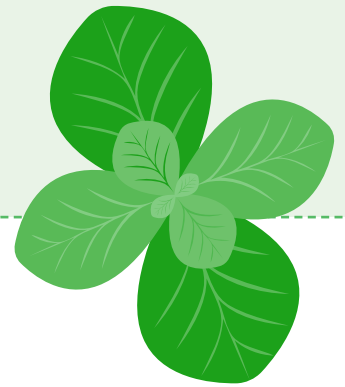
- Yoghurt Pot
- Cotton Wool
- Kitchen Roll
- Cress Seeds
- Water
- Paint and Brushes

#### Instructions:

1. Take the label off the yoghurt pot and paint a funny face on top.
2. Put wet kitchen roll in the bottom of the pot and put damp cotton wool on top of that.
3. Evenly spread some cress seeds on top of the cotton wool and press them down gently.
4. Put the pot in a warm place, that gets a lot of sunlight, like a windowsill.
5. Watch the cress grow! This should happen after roughly 7 days.

# BASIL

Try out these recipes!



## Swirly Basil Flatbread

Serves 10

### Ingredients:

#### For the Dough:

- 300 g Plain Flour
- 1 tsp Salt
- 1 tsp Sugar
- 1 tsp Instant Yeast
- 160 ml Warm Water
- 2 tbsp Olive Oil

#### For the Basil Swirl:

- 25–30 g Fresh Basil, Finely Chopped
- 2 tbsp Olive Oil
- 1 Small Garlic Clove, Minced
- Pinch of Salt

### Method:

#### For the Dough:

1. In a large bowl, whisk together the flour, salt, sugar and yeast.
2. Pour in the warm water and oil. Mix until a dough starts to form, then knead on a lightly floured surface for 5–8 minutes until smooth and elastic.
3. Place the dough in a lightly oiled bowl, cover and leave to rise for about 1 hour or until doubled in size.

#### For the Basil Oil:

4. In a small bowl, combine the chopped basil, olive oil, garlic and a pinch of salt. Set aside to allow the flavours to infuse.

#### Shape and Swirl:

5. Once the dough has risen, punch it down gently and roll it out into a rectangle approximately 30 × 20 cm (12 × 8 inches).
6. Spread the basil oil evenly over the surface of the dough.
7. Starting from one long edge, roll the dough up tightly like a pinwheel.
8. Slice the rolled dough into 6–8 even pieces.
9. Arrange the pieces upright in a baking pan lined with parchment paper.

## Basil and Aubergine Stir Fry Noodle Salad

Serves 10

### Ingredients:

- 500g Aubergine
- 100g of Basil
- 2 tbsp Soy Sauce
- Oil
- Pepper
- 2tbs Garlic Paste
- 700g Egg Noodles

### Method:

1. Wash and dice the aubergine, season lightly with salt and set aside for 20 minutes.
2. Heat the oil in a large pan over medium heat.
3. Add the garlic and aubergine and stir-fry for 5–7 minutes until the aubergine is tender and lightly golden.
4. Pour in the soy sauce and cook for a further 1–2 minutes. Remove from the heat and set aside to cool slightly.
5. Meanwhile, cook the egg noodles according to the packet instructions. Drain and cool under running water. Once cold drain the noodles in a colander.
6. Thinly slice the fresh basil. In a large bowl, toss the cooled noodles with the aubergine mixture and the basil until well combined.
7. 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