

FEED

**TRIED &
TESTED
BY 1000s
OF KIDS**

YOUR

FAMILY

EXCITING RECIPES

FROM

CHEFS IN SCHOOLS 

NICOLE PISANI & JOANNA WEINBERG

Nicole Pisani is the co-founder and Executive Head Chef of Chefs in Schools. She is the former Head Chef at Ottolenghi's NOPI having previously cooked at The Modern Pantry amongst other notable restaurants. She took on the role of Head Chef at Gayhurst Primary School in 2013 where she fell in love with feeding children and developed her mission to improve children's relationships with food. She has gone on to share her discoveries and training programmes with schools across London and beyond as well as being integral to the food education programme at the Hackney School of Food. She is the author of *Magic Soup* and *Salt, Butter, Bones*.

Joanna Weinberg is a cookery writer, columnist and author of two previous cookbooks *How to Feed Your Friends with Relish* and *Cooking for Real Life*. She has worked closely with the co-founders to create the Chefs in Schools from its birth, first as Launch Director and more recently as a Patron. She lives in Somerset with her very tall husband and children, a greedy dog, a shy cat and an out-of-control vegetable garden.

Chefs in Schools is a charity that operates in over 80 schools, feeding more than 30,000 pupils every school day. Its mission is to teach children to love and understand real food cooked from fresh ingredients, and to inspire them not just to eat it, but to choose it, and to learn to cook it for themselves. The team trains school kitchen teams to improve their food and to teach pupils to cook. They are supported and endorsed by renowned chefs and food campaigners including Thomasina Miers, Yotam Ottolenghi, Henry Dimbleby and Prue Leith, many of whom have contributed to this book.

FEED YOUR FAMILY

EXCITING NEW RECIPES TRIED AND TESTED BY 1000s OF KIDS

BY
NICOLE PISANI
& JOANNA WEINBERG
OF

CHEFS IN SCHOOLS 

PAVILION



FOR OUR PARENTS, WHO FED US SO WELL

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Photographer: Issy Croker
Food Stylists: Nicole Pisani and Emily Ezekiel
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THE CHEFS IN SCHOOLS WAY

A group of 7-year-olds are gathered around what appears to be a plant pot at a table. You can see carrot tops growing out of it, and cucumber spears buried in what looks like rich, dark, crumbly soil. The kids are poking at it, curious – there's clearly some kind of game or dare going on. Alex pulls out a carrot, looks at the others and takes a bite, chews, then swallows it, looking pleased with himself. The group squeals. It's Mina's turn to go next. She takes her bite, then spits it out, and they all fall about laughing. The others pile in and have a go. The volume of their chatter goes up as they pull the vegetables out of their 'soil' – in this case, hummus topped with spiced, dried black olives and toasted breadcrumbs.

This is school lunch – the Chefs in Schools way.

Every day, children in our schools come into the dining hall to find sharing platters on the tables for them to explore. Some days, this will be tender whole cauliflowers, roasted until golden in star anise, with a knife sticking out of them for the children to carve up themselves. On others, it might be earthy, garlicky falafel to dip into yogurt, or vegetable sushi rolls.

After this will come the hot main course – sometimes inspired by dishes from the restaurant experience of our head chefs (such as the Edible Garden from Nopi that David made for his large secondary school in Hounslow), but just as often



they come from the home cooking of our school kitchen teams, such as Toni's Jollof Rice or SouSou's Burek.

We've had plenty of disasters, too. There was the lunch hour that our co-founder, Nicole, spent weeping over (and sweeping up) the 500 rejected portions of fresh mushroom tagliatelle she'd been making since 6 a.m. But that doesn't stop us being brave about our dishes, at least most of the time. Yes, we add a kick of chilli or a fragrant note of lemongrass because we believe that kids deserve to be offered food every bit as delicious as the variety that we adults get to make and eat.

Feeding kids every day is what we do. It is a rollercoaster: when a child picks up an asparagus spear and chomps the top off, or names a fresh herb, it's exhilarating. When they tip a perfectly executed 24-hour-braised lamb into the bin, or reject lovingly debearded mussels (seriously, imagine making enough to feed 500), we feel crushed. But we come back the next day and do it all again. We're dedicated to feeding kids. We know the risks and the rewards, and we love doing it. Most of all, for all the many reasons that you will discover through the course of this book, we think it's worth doing really well.

ABOUT THIS BOOK

Sometimes, at the school gate, a parent will collar one of the chefs and ask for a recipe that their child has mentioned. We've always tried to share whenever we can and yet receiving a piece of paper with notes and volumes to feed 500 isn't all that helpful. So we decided to collect some of our favourite – and most successful – recipes into a book. After all, why should the fun be limited to school? And we've also included family recipes from some of our greatest supporters in the food world, like Yotam Ottolenghi, Thomasina Miers, Anna Jones and Henry Dimbleby.

Yes, cooking at home for our families is a different world to producing the large quantities of food needed for a school meal. But the spirit is just the same. A shared meal, made from fresh ingredients does take time, and might not always be appreciated. However, it can also be the most rewarding, memorable and joyful thing you can do for, and enjoy with, your family. It's definitely worth a try.

This book is for anyone who wants to cook food from scratch for their families. Most of the recipes in it are simple enough for the novice cook to have a go at, yet there's also plenty to inspire a more accomplished cook. It includes a huge array of flavours and ingredients drawn from around the world for families who want to try something new. We truly hope that there is something in it for everyone.

To help you navigate, the book is divided into three parts. This first part, The Chefs in Schools Way, is an introduction to us, the way we work and what matters to us. Kitchen Smarts (p. 18) is a practical section to help you set up your kitchen stores, and to plan, shop and cook efficiently. Part three (p. 32) is where you'll find the flavour – our recipes.

BELOW, from left to right: Jake Barwood, Helen Cottle, Jacob Taylor, Yenny Chong, Oliver Pisani, Adam Bernstein, Sam Riches, Polly Prail, Nicole Pisani, Lidka D'Agostino, Danielle Glavin, Naomi Duncan, Henry Dimbleby, Louise Nichols, Joanna Weinberg, Saher Shah, Nerissa Buckley



NICOLE PISANI

"It all began in 2013 when I was Head Chef at Nopi, an Ottolenghi restaurant in central London. I had been rolling out high-end meals, such as Cod with Rassam and Pork Belly in Black Bean Sauce, for a privileged few for most of my working life. I was itching to tackle a new challenge when I saw a tweet from Henry Dimbleby (co-founder of Leon Restaurants and co-author of the School Food Plan), calling for an inspiring chef to turn around the food at his children's school in Hackney. I thought, Yes! – a chance to put my skills forward and inspire a new generation of eaters.

I took the job – and only after that, went in for lunch. It was my first 'school dinner'. I'm from Malta, where you go home for lunch every day. The first thing that struck me was the overcooked cabbage and a heavy, meaty smell that is so distinctive. The dining hall was noisy and stressful. Clearly some of the kids were frightened. The food was dolloped onto their plate and most of it went straight into the bin at the end of lunch. Going round the back, into the kitchen, explained so much. It was filled with ultra-processed foods that just needed heating up.

I was perplexed. When I was growing up in Malta, eating delicious, fresh food every day was as basic a human right as breathing and sleeping. Today, we live in a world obsessed with food. We Instagram every meal and have access to any kind of food we could wish for, during any season. I just couldn't believe that children were being asked to eat this version of 'food'. So, I took the job and set about creating change.

I wanted to blow the minds and taste buds of everyone at that school. I wanted to serve them juicy chicken, roasted in Moroccan spices, and colour their rice with turmeric. I wanted to place sharing platters of kisir, kimchi and pickles on the tables and let them explore for themselves. And I wanted to teach them to cook; to really cook – and not just cupcakes, but how to knead bread and blitz soup and how to butcher chickens and cook over fire."



Nicole didn't know it at the time but, at this one school in Hackney, with the support of a visionary Executive Head Teacher (Louise Nichols), Chefs in Schools was born.

Food in schools has come a long way over the past generation. Thanks to the light that Jamie Oliver and Jeanette Orrey shone on school dinners, there are next to no turkey twizzlers on the menu these days. The School Food Plan, led by Henry Dimbleby (now our Chair) and John Vincent in 2012 put new standards on the table, along with £580 million of government money, which provides free school meals for all children up to Year 2. However, the norm was still bland, boring and beige, and it wasn't good enough.

The School Food Plan team found plenty of schools doing food well, and discovered that there are as many different ways of doing good school food as there are schools themselves. In some, it's a community effort: parents and producers make a plan to grow, source and cook fresh food for their local school, while at others, contract caterers have committed to fresh produce and seasonally inspired menus.

The Chefs in Schools way is grounded in restaurant practice and we train up kitchen teams to have restaurant level skills. An important part of our mission is to instil pride in a workforce, made up predominantly of women, who do one of the most important jobs in our society: feed our children. All too often they are unrecognised and denied opportunities for professional development. Chefs trained by us can hold their own in a restaurant kitchen; they receive a School Chef qualification,

demonstrating that they have the practical skills necessary to cook food that meets the School Food Standards and improve children's health. Through the training, they also develop skills in how to make learning about food fun for children and get them excited about trying new flavours and ingredients.

It's the Head Chef's job to work closely with suppliers – grocers, fishmongers, butchers – to source the best quality ingredients they can afford, enabling them to swap out the traditional school catering model of buying in as many dried and prepared ingredients in favour of fresh. These days, those freezers have become fridges, and they are filled with green broccoli, crisp lettuce and shiny tomatoes, marinating meat and whole sides of hake, straight from the sea.

BELOW, from left to right: Yenny Chong, Polly Prail, Danielle Glavin, Nicole Pisani, Naomi Duncan, Saher Shah



MISSION

Our mission is to improve the health of children through better eating and food education.

Behind those very plain words sits a group of people – a movement, in fact, of chefs, teachers, campaigners and parents – who all believe passionately in the power of food to bring nourishment, nurture and sustenance to a new generation. We believe a school dinner is so much more than a filler to get a child through the school day – in many of our schools, lunch can be the only chance a child gets to eat.

Eating well at school helps both behaviour and attainment, which in turn are key to social mobility and children fulfilling their potential. While we have always believed school food to be a vitally important source of nutrients and sustenance for kids, Covid-19 concreted this as a fact for us.

"Just before the first Covid lockdown in March 2020, two little girls came up to the pass. One of them was really shy and the other was holding her hand to encourage her. The shy girl asked for seconds. She was really hungry because there was no food at home and she wanted to take some home to her sister who had nothing to eat. I wrapped up a load of fish and beans so she could take them back at the end of the day, and I told the Headteacher. The school took care of that family's food for the whole of lockdown."
Nerissa, Chef Trainer

Never before have we needed food to do so much. Our country is facing a crisis in diet-related ill health, and children are at the forefront of it. These days, one in ten children arrives at primary school obese and, by the time they start secondary school, it is one in five. In areas with the highest levels of socio-economic deprivation, these statistics nearly double, to one in three. Research by the Food Foundation estimates that over 4 million children are living in poverty and these children face malnutrition as well as obesity, often at the same time.

In the end, it comes down to this: all children deserve to eat well and school is the one place where we can reach them.

ABOUT US AND WHAT WE DO

The challenge that we set ourselves when we launched in 2018 was, if we can make food as fresh and inspiring as a restaurant in one school, could we do it in a hundred? We gave ourselves five years to try.

We are a charity working to transform how food and food education is delivered in schools. We do that by helping schools implement the philosophy and method that Nicole developed in that first school kitchen she walked into. We train teams to run school kitchens with the passion for food and professionalism of a restaurant. We support schools to provide food lessons that inspire



children, and we campaign tirelessly to make sure that as many children as possible can access great food in schools.

OUR FOOD

The chefs we work with cook food that is bright, colourful and culturally varied. Most importantly, it is packed with flavour. We don't dumb it down or believe that children will only eat very basic food. From delicately scented Keralan Fish Moilee Curry to Corn Ribs, this is the food that you will find in the pages of this book. Some of it comes from our experience as restaurant chefs, and much of it comes from the different cultures of the cooks in our kitchen teams.

However, we have learned – often through bitter experience – that you can't just present a plate of complex new flavours to children and expect them to eat it. We've taken to thinking of it as 'The Journey' and we talk a lot about it, particularly when we are starting to work with a new school. The Journey means that we recognise that some flavours and textures can be challenging and that, while they are the destination, they are not the starting point.



“The vegetables, in my opinion, are actually very nice. Last year I used to hate them, but now I really like them.”

Mandeville School pupil, Mimina

We can't afford to become cocky about kids eating fresh fish or unfamiliar spices, or any food that is different or new. Every year, in every school, after the long summer break, The Journey begins again. We strip it back, start with good, plain food and then gradually introduce more complex flavours and textures. That is the nature of working with children; they keep us on our toes.

“It's more challenging than any restaurant kitchen I've worked in and the children are tougher than any restaurant critic I've ever come across!” *Nicole*

REAL FOOD

While we're on the subject, let's take a minute to talk about processed food and, in particular, ultra-processed food. This is defined as any food that has been through so many processes that it no longer resembles its original ingredients. It

often has a list of scientific-sounding ingredients that don't sound like food, including flavourings, additives and preservatives. Think packaged biscuits and cakes, salty snacks, industrial bread and sweetened breakfast cereals. At the time of writing, this kind of food accounts for over half the food bought in the UK. Yes, HALF.

It's a hard habit to break as, if you're anything like us, sneaking towards the biscuit tin at teatime is almost impossible to resist. Our bodies crave sugar and fat in order to lay down energy in case of lean times ahead and they have done so since the dawn of time. Ultra-processed food is, simply put, addictive.

At Chefs in Schools, we talk instead about real food. What we mean by 'real food' is food that is prepared from whole ingredients and doesn't contain additives, flavourings or preservatives. The gravy for our roasts comes from the roasting juices, and the custard for our puddings is made from fresh whole milk. When we take a delivery from our suppliers, the carrots may be wonky, the potatoes can have earth on them and the chicken has bones in it.

Our simple belief, backed up by research, is that, if you eat as much unprocessed food as possible, you will be living a healthier, more nourished and happier life, for your children, yourself and our planet.

Nicole and the teams have rules and aims that shape the menus and recipes they are continually developing. In some schools, the dish can change, depending on who's cooking it. In other kitchens, the recipes are set in stone after years of crafting. There is no hard and fast way of working but there are some main ideas that all of our teams keep in mind:

Fresh and seasonal: We source fresh, seasonal ingredients from incredible suppliers. Packets and powders are not used in the kitchens. This keeps nutrients high and the environmental cost low.

Colourful: We plan our menus around the whole rainbow of vegetables and fruit. The more variety in colours, the more vitamins and minerals, ensuring a nutritionally varied diet.

Varied: We use a variety of cooking methods (roasting, baking, steaming more than frying) and, where possible, a variety of ingredients within food groups (different grains, pulses, meat and fish). This ensures that we are not getting too hung up on easy (and often popular) but not very nourishing options, such as deep-frying, and in turn it stimulates biodiversity – in the land, and in our gut.

In our schools, the kitchen teams also make their own bread and yogurt, which helps to keep costs down and added ingredients out. We've included recipes for these here, too. Our Yogurt (p. 134) is mild and fresh and has a homemade-ness about it that money can't buy. Soda Bread is the first cookery lesson our Reception classes take, but don't let that put you off – it's the first recipe that students at renowned cookery school, Ballymaloe, learn too. At our schools, we make basics from scratch because it's the restaurant way, and it's good kitchen economy. At home, it's comforting to know exactly what has gone into each dish – you worry less about a bag of crisps here and there.

At the same time, we don't underestimate the size of the task that cooking from scratch is at the end of a day's work. At school, that's our job, and we have a team to do it. At home, it can seem like a never-ending mountain to climb, even for the most accomplished cook. However, it's worth remembering that, as recipes become familiar, they get quicker and easier. Many of the recipes in this collection take just a few minutes to prepare and others are good for doubling up, so you can put half in the freezer. Some are more complex, for when you feel like flexing your kitchen muscles, and some are fiddly and fun to make – ideal for smaller fingers to help out.

Whether a professional chef or a home cook, we are all on a journey in the kitchen. For many, we hope this book is a good companion to have along the way and also helps you answer that never-ending question: 'What's for dinner?'

WE EAT FIRST WITH OUR EYES

“I remember when we started to change our Friday fish dinner at Gayhurst. Oli (my sous-chef at the time, and now a chef trainer with us) and I made a plan to serve roughly puréed minted peas, and that we would quenelle them. Quenelling is a slow process – you take two spoons and shift the food from one to the other until it takes on the soft curved shape of the spoon. By the time we'd done 100 plates, I'm not sure whether we or the kids were closer to tears! We had to ditch the quenelling idea but we've never given up on making our dishes look appealing to eat. Like in a restaurant, we always keep a gastro of fresh herbs by the pass so that we can garnish each child's plate as we serve them.” Nicole.

One of the great pleasures of eating in restaurants is how beautiful the food can look on the plate. Much of this is done with garnishes, such as herbs, edible flowers, tiny salad leaves, lemon peel, finely chopped raw vegetables and more – in fact, anything that adds colour and drama to a dish.



Thousands of Instagram stories make it look easy and yet, at home, most of us are not that focused on what food looks like. Often, it's enough of a juggle simply to find a dish everyone will agree on and get it on the table at more or less the right time.

In schools, one of the big shifts away from traditional school food was in our presentation. In our opinion, when the food looks and smells good, we are halfway there. A chef offers a garnish to a plate as it is served and the kids are allowed to refuse it – like all changes, accepting 'green bits' on top of your plate can take a bit of getting used to. However, over the course of a year, most will accept, and even start to enjoy, a pretty plate of food.

Many of the recipes in this book are garnished in a restaurant fashion because we want to show how attractive the food can look and give ideas for how to turn the most everyday of dishes into something special.



IT'S NOT JUST WHAT WE EAT, IT'S HOW WE EAT, TOO

"It really helps when the teachers sit with the children and chat about the food, encouraging the children to try everything on their plate." *Louise Nichols, Executive Head, Gayhurst*

If cooking food makes us human, sharing it gives us our humanity. So much more than eating happens around a table. It is where wisdom is passed on, alliances are formed and problems are solved. It is how food turns from nutrition to nourishment. Sitting down to eat together is one of the most important – if not the most important – aspects to developing a good relationship with real food.

We've found this at school, too. The chefs might make food that fills the corridors with wonderful smells, looks beautiful on the plate and tastes as good as any food in a restaurant but, unless the whole school sits down to eat it together, the power and joy of it evaporates. We aim to put food at the heart of the school day and this means getting everyone on board: the teachers in the classrooms, the midday supervisors in the dining hall, the chefs in the kitchen – and of course, the pupils. It involves working with the adults to model a 'try-something-new' attitude. When staff in a school sit down to eat with pupils, the battle is already half-won.

"When I last visited Soho Parish, the receptionist was telling me about his favourite dish – mushroom bulgogi – and how much he looks forward to eating it. They also had photos of the food and menus in reception, so school food was there to greet you when you arrived and marked out as important. To hear him talking so passionately about the food was a proud moment. Recently, some teachers started posting photos of their lunch online, as if they'd been to a restaurant. A few classes also sent handwritten thank-you cards to the chef. When we know they're talking about the food and want to sit with the children and eat it together,



that tells us that the kitchen teams are at the heart of a school." Danielle, Head of Communications

YOUR EATING ENVIRONMENT

Making a school dinner hall an attractive place to eat is extremely challenging. Usually a multi-purpose space, it has terrible acoustics and long hard tables. Even so, a few small touches can transform a meal. It is one of the main reasons why we put sharing platters of pretty salads and vegetables on the tables before the children come in. We flavour our jugs of drinking water with the sliced peel of orange, lemon or cucumber and put these out too. These small details make the table seem inviting and help build anticipation for what is to come.

The holy grail of serving food well in school is called 'Family-Style Dining'. This is where children sit at mixed-age tables with a teacher or adult who serves the food from a platter. This is dependent on the type of dining hall a school has, and few are able to make it work. At home, though, it's yours for the making. There are many reasons why eating together makes sense. It is easier for whoever is shopping and cooking, it is cheaper, it is joyful (well, not always, but often enough). More than that is the sense of anchoring around a table that enables food to become a connection point between health, family and community that creates positive ripples through the fabric of life.

TEACHING KIDS ABOUT FOOD IS HOW THEY LEARN TO EAT WELL

"I remember when Nicole brought some Japanese rice growers to assembly to explain to the children how rice is grown. Karen, the Headteacher, was told that all she had to do was introduce them to the children. The Japanese farmers and their translator started to talk in very quiet voices about rice production without any visuals. Karen could barely hear what the translator was saying herself but tried gallantly to relay it to 300 energetic children while they lost interest and were desperate to go out to play. Then, the rice farmers gave a grain of rice to each child to hold. What happened next is best forgotten and an assembly experience Karen would not like to repeat in a hurry." Louise

When Nicole started as Head Chef at Gayhurst, she decided that the best way to introduce new food was with Food Appreciation sessions in the classroom. The teachers were somewhat taken aback when she proceeded to march around the school on Friday mornings, bearing huge, dead, raw fish to show the kids before cooking them. Luckily, she had a steadfast supporter in Louise, and their food education became a journey of adventure.

Many kids don't know where food comes from. In a survey of urban primary school children, one in three believe pasta is made from meat and cheese comes from plants.



Learning about food's journey from field, farm or sea to plate is a crucial step in being able to distinguish between processed food and 'real' food. To us, it's vitally important to show kids where food comes from and what it looks like before it has been prepared and packed up – even if it's a dead animal.

"Last week we did a rabbit and crème fraîche braise. It created a real buzz and quite a lot of drama. Food can be a vehicle of social mobility so I think it's important that kids from all kinds of backgrounds get to experience really interesting innovative food. We had about 25 takers out of 200, which I was really chuffed about. Even one would have been a triumph." Jacob, Head Chef, Woodmansterne

Getting kids excited about food goes hand in hand with the food transformation in the dining halls. It's been formalised since the days of the fish being marched along the corridors but it still plays a hugely important role in the children's willingness to try new tastes. Wherever possible, we link food education directly to new food being introduced in the dining hall. For example, Julia, at Highgate Primary School, puts up drawings and

pictures of unusual ingredients where the kids line up. This decorates the hall but also helps familiarise them with new food.

At the beginning of any cookery lesson, pupils are given a chef's hat and they invent a chef name for themselves, such as 'Chef Carrot' or 'Chef Skateboard'. It's a good moment. Over the course of the seven years of primary school, we cover all the basic techniques you need to feed yourself good-value, nourishing food. These skills include: making bread and soup, preparing and chopping vegetables, making pasta, butchering a chicken and cooking fish over the fire. Our Reception class starts by making soda bread – as simple as mixing flour with buttermilk, bicarbonate of soda and salt. They take their loaves home the same afternoon with pride, and we hope they will never be daunted by the idea of making bread in the future.

GREEN MAC 'N' CHEESE

Our Trustee, Thomasina Miers, was ruminating the other day on how much she'd hated cauliflower cheese when she was little. Now, loving cauliflower, and loving cheese, she wonders why. Inspired, we set about creating the ultimate, veg-packed cheesy dinner in the form of this recipe. The sauce works brilliantly with cauliflower, too (see note below), so this one's for you, Tommi!



FEEDS 4

75g/2½oz unsalted butter

5 tablespoons plain flour

1½ teaspoons English mustard powder

775ml/27¼fl oz full-fat milk

175g/6oz extra-mature Cheddar cheese, grated

1 teaspoon sweet smoked paprika

Several good gratings of nutmeg

300g/10½oz frozen spinach, defrosted and liquid squeezed out

400g/14oz small pasta, like macaroni

5 tablespoons stale breadcrumbs

40g/1½oz Parmesan cheese, grated

Sea salt and black pepper

Preheat the oven to 200°C fan/220°C/425°F/gas mark 7.

Fill a large pan with water, add a tablespoon of salt and bring to the boil – you're going to cook the pasta in this shortly.

In a medium pan, melt the butter, stir in the flour and mustard powder and season with salt and pepper. Stir over a medium heat for a few minutes, then add a good glug of the milk and whisk to combine. Gradually add the rest of the milk, whisking in-between additions to get a smooth, creamy sauce. Stir in the Cheddar cheese, paprika and nutmeg and remove from the heat. Taste and add a little more salt and pepper, if you like.

Add the spinach into the sauce and, using a stick blender, blitz until smooth.

Cook the pasta for 2 minutes less than the instructions on the packet, then drain well. Tip into the green sauce and stir well until everything is combined.

Arrange the coated pasta in an ovenproof dish and scatter with the breadcrumbs and Parmesan cheese. Bake in the top of the oven for 20–25 minutes, until bubbling and golden on top.

CHEF'S NOTES

This sauce also makes an excellent cauliflower cheese. Chop your cauliflower into florets and blanch in boiling, salted water for 3 minutes, then drain and sit in a colander to allow the water to steam off (letting it dry ensures you won't end up with a watery dish). Tip the cauliflower into the baking dish, cover generously with the sauce and sprinkle with grated Cheddar, then bake as per the macaroni and cheese instructions.



**"BYE BYE BORING SCHOOL DINNERS –
THIS IS THE FUTURE OF FOOD FOR OUR KIDS."**

TOM KERRIDGE

Transform the chore of daily cooking into a rewarding and central part of family life.

Packed with energy, positivity and inspiration, Nicole and Joanna harness the wisdom of a wide range of chefs to guide you into the nourishing world of family cooking. There are recipes for every taste and occasion, alongside detailed notes on nutrition, planning and shopping.

As Executive Head Chef and co-founder of Chefs in Schools, Nicole has tempted thousands of children out of narrow, repetitive and often unhealthy eating patterns with her vibrant recipes and gentle, encouraging approach. Here's how she does it:



Nicole's Golden Rules:

- Cook together, eat together
- Don't make dinner a battleground
- Introduce new flavours gradually
- Make meals theatrical & have fun with food
- Grow it: Children eat what they have grown
- Veg & salad on the table to start the meal
- Where necessary, health by stealth



**"A BRILLIANTLY INSPIRING
BOOK PACKED WITH SERIOUSLY
GOOD FAMILY FOCUSED
RECIPES. A TOTAL MUST HAVE."**

THOMASINA MIERS

Chefs in Schools is a charity that works in schools, transforming the food on offer to over 20,000 children and counting

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JOANNA WEINBERG**

