## SCHOOL FOOD PLAN





### Number of portions this recipe makes:

24 primary servings (75g) 20 secondary servings (90g)



Prep: 10 minutes Cook: None



### Allergy information:

None



## Top Tips

Don't overcooking the beans. They will lose colour and nutrients

# **RUNNER BEAN SLAW**

Vegetable accompaniment: This recipe provides a portion of vegetable and counts towards the standard to provide one or more portions of vegetable or salad as an accompaniment every day.

Recipe adapted from: ISS Education

7g (31/2tsp) blackened Cajun spice



## **Ingredients**

720g fine green beans, washed, top and tailed, finely sliced (cut at an angle) 480g white cabbage, finely sliced 240g carrots, peeled, grated 240g butternut squash, grated 72ml vegetable oil 36ml lemon juice

### Method

- Blanch beans in boiling water for 3 minutes, drain and refresh under cold water. Drain well before use.
- Mix all the vegetables together in a bowl, add the oil, lemon juice and Cajun spice and mix well.

Serving suggestion: served with pizza or macaroni cheese.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/www



