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The
Super Yummy
Kitchen

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The Super Yummy Kitchen
Family Food Series

GROWN UP
GUIDE #12

THE PLACE WHERE FUN,
FOOD AND EDUCATION MEET

A helping hand for parents, carers
and teachers to use with children,
alongside the cook-a-long videos,
recipes and activities of the week in
The Super Yummy Kitchen

Grown Up Guide to #12 of Family Food

Sarah's Sausage Chilli with Flatbreads

Introduction

The **Chilli Con Carne** is a classic Mexican dish we all know and love. Sometimes it's fun to mix things up a bit in the kitchen! We've used **sausages instead of mince** to give the chilli a chunkier texture! You will notice that Chef Andrew has also added a **banana** to his recipe! Normally sugar is added to a chilli to bring out the sweetness of the veggies. We all know that we need to reduce the amount of sugar that we consume, so adding the banana instead of sugar gives a natural sweetness to the dish and helps to thicken up the sauce!

Recipe Tips

This recipe can easily be made vegetarian by replacing the pork sausages with vegetarian mince. This recipe would also work with any meat mince if you don't have sausages. The other ingredients are easily adaptable too - add any veg you'd like and any beans you have in the cupboard!

We've served our chilli with flatbread and a cucumber salad, but you can serve it with anything you like; in a jacket potato, with some fluffy brown rice or as a burrito!

The Activity

Ask children to look for some of the ingredients from the chilli recipe hiding in the word search. For KS1 children this is a good activity to help practice spelling. For KS2, this is just a bit more of a fun activity to link into this recipe!

ADD ON ACTIVITY:

Ask children to put all the ingredients from the word search into the food groups from the Eatwell Guide. Fruit & Veg, Carbohydrates, Protein, Dairy, Fats.

Nutrition Nugget

This sausage chilli is high in **fibre**, mostly coming from the beans and vegetables, but why is fibre so important?

The **digestive system** is home to the **microbiome**, which is made up of trillions of bacteria, fungi and other microbes. The gut microbiome plays a very important role in your health by helping control digestion and benefiting your immune system and many other aspects of health. To maintain a healthy, diverse microbiome, we must **feed it**. Gut bacteria feeds on fibre, but the average person is not getting enough! Advice is:

2-5 years: 15g 5-11 years: 20g 11-16 years: 25g 16+: 30g

Sausages were called 'bangers' after WWI because they contained so much water, that they exploded when they were fried!

Sarah's Sausage Chilli with Flatbread

Ingredients

Serves 4

For the Sausage Chilli

- Dash of rapeseed oil
- 8 pork sausages, skin removed & in small chunks
- 4 leeks, cleaned & diced
- 4 cloves of garlic, finely chopped
- 1 red pepper, diced
- 1 tin chopped tomatoes
- 4 fresh tomatoes, chopped
- 1 tin kidney beans (or any beans)
- 2 medium sweet potatoes, diced
- 1 tbsp tomato purée
- 1 tbsp tomato ketchup (reduced sugar is best)
- 1 vegetable stock cube & 200ml boiling water (reduced salt if you can)
- 1 banana, diced
- 1 tsp smoked paprika
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried sage
- Pinch of black pepper
- 1 tbsp snipped chives (to garnish)

For the Flatbread (Makes 8)

- 250g plain yoghurt
- 250g self-raising flour
- ½ tsp baking powder
- 1 tbsp rapeseed oil

For the Cucumber, Chilli & Lime Salad

- 1 cucumber, cut into ribbons
- 1 red onion, thinly sliced
- 1 chilli, de-seeded & finely chopped
- 1 lime for juice & zest
- 1 tsp honey
- ½ tsp chilli flakes (optional)
- 1 tsp rapeseed oil



Method

- Heat the oil in a heavy based pan over a medium heat and stir the sausage chunks until cooked.
- Remove the sausage from the pan then add the leeks, garlic and red pepper. Cook until soft and slightly browned.
- Now add the sausage back in, along with all the dried herbs and spices. Cook for another minute, stirring all the time.
- Add in the chopped tomatoes, fresh tomatoes, beans, tomato ketchup and tomato purée. Stir together with the stock, diced sweet potato and pinch of black pepper.
- Reduce the heat and gently simmer for 10-15 minutes, until the sweet potato is cooked. When cooked, add the diced banana.
- For your flatbreads, combine the flour, yoghurt and baking powder in a bowl and bring to a dough (with spoon or hands). Turn out onto a floured surface and knead for 10 minutes. Place your dough back in the bowl, cover and set aside for 15-20 minutes (this allows the ingredients to activate).
- Divide the dough into 8 portions and roll into balls.
- Dust with a little flour and roll out flat to the size of a side plate. Lightly brush with oil.
- Cook the flatbreads in a hot pan for about 20 seconds on each side. The bread should be dotted with brown circles but be careful not to burn it! Repeat the process until all the flatbreads have been cooked.
- Finally, combine your salad ingredients together with a quick stir.
- Place a spoonful of chilli and salad in a bowl with a delicious homemade flatbread and finish with yoghurt and snipped chives!

Recipe

Activity

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The Super Yummy Kitchen

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Sausage Chilli Wordsearch

Ks2 Today's curriculum links: English

On the tongue, there are 5 tastes: salty, sweet, sour, bitter & umami. To make a really tasty dish you need a combination of these flavours! Can you name the ingredients in our Sausage Chilli that have those 5 flavours?

L	E	E	K	I	L	I	S	N	A	E	B	B	O
T	I	L	E	E	G	A	F	R	L	G	R	E	N
H	A	A	C	I	L	R	A	G	U	H	E	A	I
L	G	L	D	I	N	G	L	P	O	G	H	I	O
A	O	T	A	M	O	T	D	A	A	D	B	N	N
P	S	E	E	I	N	K	B	S	C	E	R	E	A
A	I	A	R	B	P	H	U	L	P	R	P	S	N
P	L	P	B	F	A	A	A	I	I	T	E	R	B
R	L	E	T	A	S	A	L	I	L	A	P	T	D
I	I	D	A	I	O	A	I	I	P	P	P	O	P
K	H	G	L	E	A	E	M	S	B	B	E	T	A
A	C	K	F	P	M	O	E	G	A	E	R	P	A
R	A	O	A	F	K	A	A	G	E	R	I	A	E
E	R	B	A	N	A	N	A	P	I	L	P	P	K

- BANANA
- FLATBREAD
- PEPPER
- LEEK
- GARLIC
- PAPRIKA
- BEANS
- LIME
- CHILLI
- TOMATO
- ONION
- SAUSAGE

Sausage Chilli ingredients are hidden in the wordsearch. Can you find?