



Grown Up Guide to #12 of Family Food

Sarah's Sausage Chilli with Flatbreads

Curriculum links:

ENGLISH

Recognising and spelling new words.

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!

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Recipe Tips

This recipe can easily be made <u>vegetarian</u> 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 <u>adaptable</u> 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 <u>spelling</u>. 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.

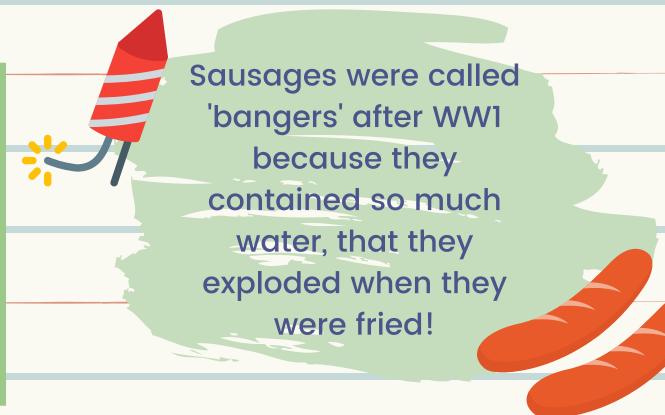
Fruit & Veg, Carbohydrates, Protein, Dairy, Fats.

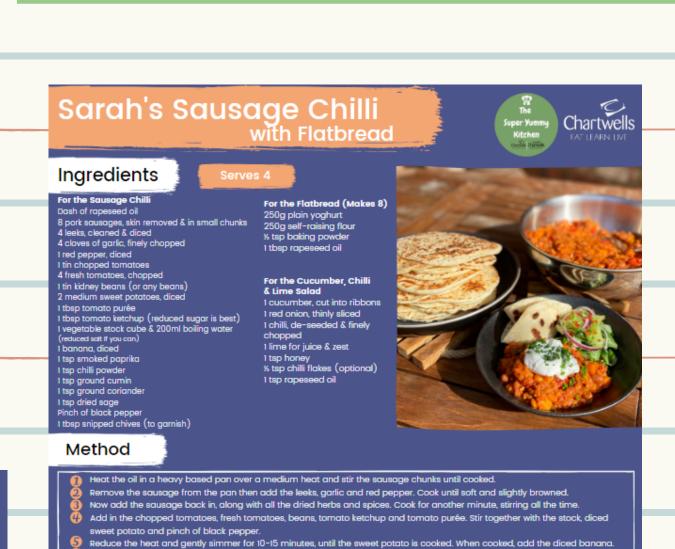
Nutrition Nugget

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





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

Cook the flatbreads in a hot pan for about 20 seconds on each side. The bread should be dotted with brown circles but be

(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.

careful not to burn it! Repeat the process until all the flatbreads have been cooked.

inally, combine your salad ingredients together with a quick stir. Pace a spoopful of chilli and salad in a bowl with a delicious hor

