



Fresh Ideas Feeding Minds

Let's connect... with cooking

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CATERING



What a fun activity to do together plus a great way to stay hydrated and healthy!



Let's connect



Smoothies *Yum, healthy :)*

Strawberry and Mango Smoothie

250ml milk or plant-based alternative
1 x Ripe Banana – peeled, sliced and frozen (see top tips!)
1 x Mango – skinned and cut into chunks
5 x Strawberries (or 10 x raspberries) – hulled

- 1 Start by preparing the fruit as detailed above.
- 2 Combine all ingredients into a blender (or use a stick blender) and whizz until smooth and frothy.
- 3 Pour into glasses and serve a few fresh strawberries, raspberries, or blueberries on top of the smoothie and enjoy!

Super Berry Smoothie

250g Frozen Berry Mix
250g Strawberry Yogurt or plant-based alternative
50ml Milk or plant-based alternative
15g Porridge Oats
1 Tsp Runny Honey (optional topping)

- 1 Put the frozen berries, yogurt and milk into a blender (or use a stick blender) and whizz until smooth and frothy.
- 2 Stir in the porridge oats.
- 3 Pour into glasses, serve with a drizzle of honey and enjoy!

Top tips

- 1 Frozen bananas go a long way! This star ingredient helps add thickness without adding a strong flavour. By freezing a sliced banana, the smoothie will come out ice cold so no need for adding ice.
- 2 To get the best results for your smoothie, add the 'liquid' element first and then follow with the more solid fruit pieces to ensure everything gets well blended.
- 3 Have some fun and create your own smoothie recipes with your favourite fruit ingredients!

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Each recipe serves 2

Yum, lots to enjoy :)

Flapjack

12

This recipe makes 12 Flapjacks

Ingredients

325g Rolled Oats
7.5g Baking Powder
135g Margarine
125g Granulated Sugar
100g Golden Syrup
20ml Water

Method

- 1 Slowly melt the margarine, sugar and syrup in a large pan.
- 2 Once melted, take the pan off the heat.
- 3 Add the oats, baking powder and water to the pan and mix well.
- 4 Lightly press the mixture into a greased and lined square or rectangular tin, 20cm x 30cm and bake at 180°C or gas mark 6 for 15 minutes or until firm and golden brown.
- 5 Portion while hot. Allow to cool slightly before removing from the tin.





Don't forget to
add your sides

- we love this dish with mixed salad,
homemade potato wedges and coleslaw!



Pizza

Yum, yum.
Fun to make :)

Ingredients

Serves 2

Serves 4

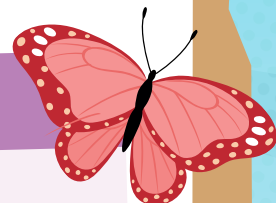
Serves 6

Plain Flour	125g	250g	375g
Dried Yeast	½ tsp	1 tsp	1 and ½ tsp
Warm Water	100ml	200ml	300ml
Tinned Chopped Tomatoes	200g	400g	600g
Crushed Garlic Clove	½	1	1 and ½
Dried Mixed Herbs	½ tbsp	1 tbsp	1 and ½ tbsp
Sugar	½ tsp	1 tsp	1 and ½ tsp
Grated Cheddar Cheese	50g	100g	150g

Optional Toppings: peppers, mushrooms, onion, ham, pepperoni, pineapple, sweetcorn

Method

- 1 To make the pizza dough, put the Plain flour and yeast into a large mixing bowl. Gradually add the water whilst mixing until a dough is formed.
- 2 Put the dough on a floured surface and knead for 10 minutes until the dough is soft and stretchy.
- 3 Divide the dough into portions.
- 4 Using a rolling pin, roll and shape each dough ball to form the pizza base. Not too thick as it will rise.
- 5 Place the pizza dough bases on lined baking trays and leave in a warm place to rise for 30 minutes.
- 6 To make the pizza sauce, put the tinned chopped tomatoes, crushed garlic, dried herbs and sugar in a sauce pan and simmer on a low heat until the sauce thickens. Leave to cool.
- 7 Spread the pizza sauce onto the pizza dough bases and top with grated cheese plus any other pizza toppings of your choice.
- 8 Cook for 10-12 minutes in a pre-heated oven at Gas Mark 6 or 200°C.



We hope you enjoy these recipes.

Send us a photo of your culinary creations for a chance to win some baking goodies!

Email clare.jordan@norsegroup.co.uk

