

“Do this in remembrance of me”



BREAKING BREAD GROWING FAITH, FOOD AND FAMILY

Dinner and Discussion

Providing physical and spiritual nourishment.



Let's spread the word.

Share your families answers to the discussion points by sending us a message on Facebook messenger and we will publish your comments (anonymously if preferred)

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DINNER AND DISCUSSION: VEGGIE CHILLI

Preparation time:

less than 30 mins

Cooking time; 10 to 30 mins

Serves: 4

Dietary: Vegetarian



Each serving provides 509 kcal, 42g protein, 45g carbohydrates (of which 18g sugars), 15g fat (of which 6g saturates), 12g fibre and 1.5g salt.

Ingredients

- 1 large onion, finely chopped
- 1 tsp chilli powder (optional)
- 250g/9oz vegetarian mince
- 400g tin chopped tomatoes
- 3 tbsp tomato purée
- 300ml/½ pint vegetable stock
- 1 green pepper
- 1 yellow pepper
- 400g tin kidney beans
- 1 tsp cornflour

Method

Heat the oil in a large frying pan over a medium heat. Add the onion and cook for 4-5 minutes, or until soft.

Add the soya mince and cook for 2-3 minutes.

Add the chopped tomatoes, tomato purée, vegetable stock and peppers and bring to the boil. Reduce the heat to medium-low and simmer for 10 minutes, stirring occasionally.

Add the kidney beans and cook for 5 minutes. Mix the cornflour with 1 tablespoon water, then add it to the pan and cook for a further 5 minutes.

Discussion starter:

- Who is the kindest person you know and what is it they do that make them kind.
- If you could give God a gift, what would it be?



DINNER AND DISCUSSION: CHICKPEA AND CAULIFLOWER CURRY

Preparation time ;less than 30
mins

Cooking time: 10 to 30 mins

Serves:4

Dietary: Vegetarian



Each serving provides 587 kcal, 16g protein, 71g carbohydrates (of which 12g sugars), 23g fat (of which 12g saturates), 15g fibre and 0.3g salt.

Method

1. Heat the oil in a saucepan and fry the onion for 5 minutes until softened.
2. Add the coconut milk, cauliflower and the tin of chickpeas, liquid and all. Partially cover the pan and bring to the boil, then simmer for about 8 minutes until the cauliflower is tender and the sauce has thickened.
3. Serve with Rice or naan bread

Ingredients

- 1 small onion, sliced
- 1 garlic clove, crushed or finely chopped
- 1 tbsp of curry powder
- 400g tin coconut milk
- 1 small cauliflower
- 400g tin chickpeas

Discussion starter:

- What football team does Jesus support and why?
- If they were to make a documentary about your life, what would be your favourite scene?



DINNER AND DISCUSSION: CARROT AND CORRANDEr SOUP

Preparation time: less than
30 mins
Cooking time: 10 to 30 mins
Serves: 4
Dietary: Vegetarian



Each serving provides 87 kcal, 2.2g protein, 11.7g carbohydrate (of which 10.2g sugars), 3.4g fat (of which 0.4g saturates), 4.2g fibre and 1.9g salt per portion.

Ingredients

- 1 onion sliced
- 450g/1lb carrots peeled and sliced
- 1 tsp ground coriander
- 1.2 litres/2 pints vegetable stock

Method

1. Heat the oil in a large frying pan and add the onions and carrots. Cook for 3–4 minutes until starting to soften.
2. Stir in the ground coriander and season with salt and pepper. Cook for 1 minute.
3. Add the vegetable stock and bring to the boil. Simmer for 10–15 minutes or until the vegetables are tender.
4. Whizz with a hand blender or in a blender until smooth.

• Discussion starter:

- In the Bible, God give some figures "new names." What would you want your new name to be and why? (These can be characteristics, something funny or even just a favourite name with a good association).
- John 14:2 tells us "My Father's house has many rooms ..." What would your heavenly room be like?



DINNER AND DISCUSSION: LEEK & CHEESE TART

Preparation time:

less than 30 mins

Cooking time: 30 mins to 1
hour

Serves: 4

Dietary: Vegetarian



Ingredients

4 sheets filo pastry, roughly half a pack

100g/3½oz mature cheddar, finely grated

5 tbsp single cream

1 large leek, trimmed and very thinly sliced

salt and black pepper

Method

Preheat the oven to 200C/180C Fan/Gas 6. Lightly oil a 20cm/8in square cake tin with a removable base.

One at a time, lightly brush a filo pastry sheet with a little of the oil and place in the tin, pressing gently into the base and up the sides of the tin. Arrange the next lightly oiled pastry sheet at right angles to the first. Repeat with two more layers, leaving a flat base and frilly edges.

Mix the cheese with the cream to make a soft paste. Drop teaspoonfuls of the paste over the pastry case and spread lightly with the back of a spoon, taking care not to tear the pastry.

Top the cheese mixture with the sliced leek and season with a little black pepper. If the pastry edges hang over the tin too much (this will depend on the size of the sheets), roll loosely back towards the filling. Bake the tart for about 25 minutes, or until the pastry is crisp and golden brown and the leeks are softened. Remove from the oven to cool slightly.

Discussion starter:

- If you could ask Jesus to resolve one problem in the world today, which problem would you pick?
- When was a time when someone showed you deep compassion/love like Jesus?

DINNER AND DISCUSSION: POTATO & LEEK PIE

Preparation: time
less than 30 mins

Cooking time: 30 mins to 1 hour

Serves: 6

Dietary: Vegetarian



Ingredients

1kg/2lb 4oz potatoes, peeled, cut into cubes and boiled

1 large leek, very thinly sliced

150g/5½oz mature cheddar, grated

1 tsp dried mixed herbs

150ml/5fl oz full-fat milk, plus 1 tbs for brushing

100g/3½oz cream cheese

320g/11½oz puff pastry sheet

Method

1. Preheat the oven to 200C/180C Fan/Gas 6. Stir the potatoes, leek, cheddar and herbs together in a large bowl. Season with salt and pepper.
2. In a separate bowl, gradually whisk the milk into the cream cheese. Pour the milk mixture into the potato mixture, stirring together until well mixed. Tip into a roughly 31x23cm/12½x9in roasting tin.
3. Open out the pastry sheet and lay the pastry on top of the pie filling, tucking the edges into the sides.
4. Brush the top with milk and make a couple of slits in the pastry so the steam can escape.
5. Bake for 30 minutes until puffed up and golden brown. Serve with the peas.

Discussion starter:

If you could, what is something you would like to know about your future?

What is your favourite thing about God and why?



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Mission

We are a fully inclusive family of learners, providing nurture and an outstanding educational experience for all to grow and flourish

Vision

To transform the lives of all through the power of working together

Values

Excellence | Collaboration | Inclusion



“Courageously Inclusive”