

DIRECTORS SCOOP

I recently came across this Martin Luther King Jr. quote which really resonated: **'If you can't fly then run. If you can't run, then walk. If you can't walk, then crawl, but whatever you do, you have to keep moving forward.'** It is so true, & whatever challenges we face along our journey, it is important to share with our colleagues and teams the successes and milestones they have achieved.

Artizian did just that at our annual Excellence Awards in July, which this year we held at the Royal Air Force Club in London. Another superb venue for a memorable evening of awards recognising excellence within our business, & this year a vegan menu chosen to honour the occasion.

Alison Frith - Managing Director

FOODOLOGY®

Sourcing, cooking & serving the best fresh food for our customers that is nutritionally led & chef inspired!

Artizian have recently embarked on a journey with one of our clients to reduce the use of disposable products including plastic packaging & coffee cups within the site. In line with our preferred approach, we met with the on-site Waste Management company to align ourselves with their capabilities in terms of waste streams. Like most waste companies in the South, they offered dry mixed recycling, food waste & general waste, with all non-recycled waste going to a waste energy plant with zero to landfill. Artizian identified a number of products that we could remove or swap out for more eco friendly options & in doing so have reduced their non recyclable products from 20% to 0%. Along with the changes to packaging products, I hosted an engagement day asking customers for their feedback on the introduction of various reusable coffee cups & discussing the changes we are making.

I am delighted to announce that from September, they will be issuing each of their staff with a re-usable cup & removing 90% of their disposable coffee cups across the campus. It just goes to show what can be achieved when we work closely with our clients as an integral part of the facilities department in an organisation that are prepared to make bold & confident decisions.

Rob Kurz - Foodologist®



Plums

- Excellent source of fibre
- Rich source of boron, manganese and potassium
- Comparable levels of nutrients to blueberries

Nutrition Know-How:

CHOOSE plums with a dusting of white = freshest

DRIED plums (prunes) have higher levels of vitamin K than most fruits

EATING 6-7 prunes relieves constipation more effectively than most medical treatments



ONE PORTION
OF YOUR
FIVE A DAY
2 fruits

Plant
Power

TASTE OF ASIA



Signature

The Artizian 'Signature' range showcases the best possible ingredients that we can source with total emphasis on seasonality, flavour and quality.

★ of the month...

a selection of Asian dishes

#Foodology #SummerVibes

PLUM & SESAME GLAZED BAVETTE STEAK & TOASTED CASHEWS

Ingredients

For the beef

- 20ml sesame oil
- 75ml plum sauce
- 1 tbs sriracha
- 1 tsp sesame seeds
- 5 bavette steaks

For the vegetables

- 2 carrots
- 300g green beans
- 1 bunch spring onions
- 1 red chilli
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 red pepper
- 1 yellow pepper
- 10ml fish sauce
- 20ml pomace oil
- 1 lime
- 20g tamarind paste
- 75g cashew nuts
- ¼ bunch coriander

Method

For the beef

Whisk together all of the ingredients & coat the steaks. Then in a hot pan or grill, sear the steaks on all sides & then roast in the oven for 4 minutes. Allow to rest.

For the vegetables

Thinly slice the peppers, chilli, carrot & spring onions. Sauté all of the vegetables in a little oil with the garlic & ginger for 5 minutes then add the tamarind paste.

Finish with lime juice & a splash of fish sauce. Top with some chopped toasted cashew nuts & coriander.

Serves 5





HAPPY HOLIDAYS

Mediterranean Diet *noun*

“A diet of a type traditional in Mediterranean countries, characterised especially by a high consumption of vegetables & olive oil, a moderate consumption of protein & thought to confer health benefits.”

If you're off on holiday this month & heading to the Med. - whilst you are there, it's likely you will indulge in some local food & drink. Well, you'll be pleased to know, the Mediterranean diet is one of the healthiest in the World! Even the odd glass of red wine could be beneficial.

Research continues to highlight the health benefits (improved weight loss, better

control of blood glucose levels, reduced inflammation, lower risk of heart disease, stroke & Alzheimer's disease) of eating an abundance of fruits, vegetables, whole grains, nuts, beans, legumes & unsaturated fats such as olive oil as well as fish & poultry (both lean sources of protein) over red meat.



Plant Based

The Mediterranean diet is primarily plant-based & over the course of this year we've been developing an array of plant-based food offers to help customers improve their intake of nutrient-dense vegetables & fruit to support their health & wellbeing.

It's not about "becoming a vegetarian", just eating more plant-based foods. So if you want to continue eating well once you've returned to work, and if the idea of overhauling your diet is a little daunting, look out for the NEW Mediterranean inspired dishes in your restaurant this month & extend that holiday feeling for a few more weeks, at least!



Catherine Attfield
Head of Nutrition & Wellbeing

OUR PEOPLE ARE OUR BEST INGREDIENTS

May's People's Champion - Linda Rice

Linda is a casual Team Player, but is always ready to step in anywhere. She has so much energy & enthusiasm for the role & is very proactive, organised & never waits for direction. Linda has come in on her days off, stepped in at last minute due to sickness & stayed back to support the unit when required.



She works extremely well under pressure & always remains calm, professional & has a really positive attitude. It is great to see Linda deal with all departments, with excellent communication skills & even covered the sandwich room production in the kitchen. Linda is learning every area & it's a superb attribute to show Linda something once & then she completely takes it on board. To learn all front of house areas in just over a month, to a high standard, is some achievement. Linda has taken responsibility for front of house orders, which for a new Team Player shows how quick she can pick things up. She is always one step ahead & really thinks on her feet. Always ready to help wherever needed & will be the first to suggest a solution if faced with a challenge. Linda has just started training in Hospitality as she has such an organised & impeccable approach. She is a great example of team work & everything you look for in a Team Player!

CSR

Nothing beats a good cup of tea first thing in the morning to get the day off to a good start. Hot, cold, green or mint, there are so many to choose from that there is something for everyone. In the UK we go through 165 million cups a day...that's a lot of teabags, so the question is what are we doing with the used ones?

If you throw them in the bin, then you are missing out so I have listed 4 amazing things you could be using your used tea bags for.

- 1. Add tea to flavour your cooking** - Does your rice need a bit of oomph? Pop a few of your used teabags in the pot when cooking to add a whole new dimension to bland grains. Fruit bags are great with porridge, & mint or green tea can add an interesting twist to a Chinese or Thai side dish. Experiment & see which gives the best flavour to accompany your dishes - you'll never want to eat boring, plain rice again.
- 2. Degrease dirty dishes?** - Loads of washing up to do mid-party? Leave it for later! Pile the sink up with your plates, hot water & throw in a few used teabags, they'll help loosen any hard food & lift grease so that when you do get around to doing the dishes, it'll be super quick & easy.
- 3. Make a nourishing compost** - Want to have a garden that looks like something out of a magazine? Get your plants growing like *no tomorrow* with some ultra nourishing compost. No need to spend money, just break open your used tea bags & add them to your compost. They will speed up the decomposition process, drawing in acid-producing bacteria which will help your garden to thrive.
- 4. Feed your garden** - Want super plants? Then you need super water! Simply empty out a couple of your used tea bags straight into your watering can before carrying out your plant care. This is particularly good for plants that prefer less acidic soil, as the tea leaves nourish your plant & help keep it more alkaline.

(source: We are Tea)

*Nutrition Bites Live & Live Well
Team up for the Day!*

One of our sites had a fantastic "Live Well Day" on 20th June which was supported by the Artizian on-site team & Olga Hamilton presenting "Nutrition Bites Live" based on brain food to link in with the sites "Live Well Day".

It was a busy day for the team which started with them having 500 smoothies ready at 7:30am for them to hand out to the arriving site staff. Food & drink was then served across the site all day featuring recipes by Rachel Kelly who was a keynote speaker on the day.

Amanda Gavin, Manager - Operations & Business Support

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