



Thamesmead School
KS3
Food Preparation and Nutrition
Recipe Booklet



Rainbow Wrap

Ingredients:**From home:****A selection of colourful veg:**

1 carrot
¼ red cabbage
1 spring onion, thinly sliced
Cucumber 5cm piece
2-3 green/black olives (optional)
Baby spinach -handful
1 large tortilla wrap

From School:

½ tsp vegetable oil
1 tbsp cider vinegar
½ tsp mustard powder
2-3 basil leaves

**Method:**

1. Prepare all the vegetables:
 - Grate the carrot
 - Shred the cabbage
 - Thinly slice the spring onions
 - Cut the cucumber into batons
 - Tear the basil leaves
 - Half the olives
2. Mix the mustard powder, oil, and cider vinegar in a bowl, with a spoon to make the dressing
3. Add the cabbage to the dressing and stir.
4. Put the tortilla wrap on a sheet of foil and layer the filling on one half starting with the cabbage, then the carrot, cucumber, basil leaves, olives and sprinkle with spring onions
5. Roll the tortilla from the filling side, folding in the sides as you go
6. Slice in half or pinwheels.

Equipment:

Chopping board
Knife
Foil
Grater

Storage and reheating instructions:

Store in the fridge. Eat within 3 days.

Boiled Egg with Soldiers

Ingredients:**From home:**

1 whole egg
1 slice of wholemeal bread
Butter for spreading

An egg cup

**Method:**

1. Put the egg into a saucepan and cover with cold water and a lid. Bring up to the boil.
2. Boil for 3-4 minutes -use your timer.
3. Place into egg cup
4. Place bread on a baking sheet and switch on the grill.
5. Grill the bread on one side, turn it over and grill on the other side.
6. Cut into soldiers/strips
7. Carefully slice off the top of your egg.
8. Sit down and enjoy!

Equipment:

Saucepan
Spoon
Butter Knife
Teaspoon

Storage and reheating instructions:

Hard boiled eggs should be stored in the fridge for up to a week with their shells on.

One Cup Pancakes

Ingredients:

1 cup of self raising flour
1 cup of milk
1 large egg
Butter or oil for frying

Top toppings of your choice:

Mixed frozen fruit, banana, yoghurt,
runny honey, blueberries, apple,
maple syrup, Mango, pineapple,
strawberries

**Method:**

1. Tip a cup of flour into a large jug. Fill the same cup with milk and pour into the jug, then crack in the egg and whisk together well.
2. Place a frying pan on a medium heat with a small knob of butter (or use olive oil), then, once melted, add large spoonfuls of batter to the pan - you'll need to cook your pancakes in batches.
3. Wait for little bubbles to form on the surface of the pancakes, about 1 to 2 minutes, then use a fish slice to flip them over and cook for another 1 to 2 minutes, until golden on the other side.
4. Carefully wipe out the pan with a ball of kitchen paper, then add another small knob of butter and cook the next batch. Serve the pancakes right away, with your favourite toppings.

Equipment:

bowl
Spoon
Teaspoon

Storage and reheating instructions:

Reheat until piping hot, can be eaten cold
Eat within three days

Quesadillas

Ingredients:

From home:

1 spring onion or ½ leek

½ pepper

½ carrot

50 g Cheddar or Red Leicester cheese

a few sprigs of fresh soft herbs, such as parsley, mint, coriander, optional

2 large flour tortillas

From School:

Fresh herbs



Method:

1. Peel off the outer layers of the leek or spring onion, leaving the tender inner part then finely chop.
2. Finely chop the pepper.
3. Wash and coarsely grate the carrot.
4. Grate the cheese.
5. Put all the veg in a bowl, add the cheese, then mix it all together. If you've got fresh herbs, add some roughly chopped leaves.
6. To assemble, scatter the veg and cheese mixture across one tortilla, then top with the other tortilla.
7. Put a large frying pan on medium heat.
8. Dry fry the quesadilla for 2 minutes on one side, turn over and fry on the other side, until golden and crisp on the outside and the cheese has melted in the middle.

Equipment:

Frying pan

Knife

Chopping board

Grater

Bowl

Fish slice

Storage and reheating instructions:

Eat within a day of making. Can be eaten cold.

Reheat until piping hot in a frying pan or microwave.

Flatbread and Green pea dip

Ingredients:

From home:

Flatbread ingredients:

150g self-raising flour

150g natural yoghurt

Green pea dip ingredients:

200g frozen peas, defrosted

1 spring onion

1 garlic clove

1 small bunch fresh mint/coriander leaves

50g plain yoghurt

¼ red chilli (optional)

½ lime

From School:

½ teaspoon baking powder

Extra flour for dusting

½ tsp ground cumin

¼ tsp ground coriander

salt and freshly ground black pepper

1 tbsp extra virgin olive oil



Method:

1. Put flour and yoghurt into a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour, then tip out the dough.
3. Knead for a minute to bring it all together.
4. Put the dough into a floured-dusted bowl and cover with a plate, then leave aside.
5. Meanwhile make the dip, chop the spring onions and crush garlic. Place all dip ingredients: cumin, coriander, peas herbs, spring onion, garlic, salt and pepper, yoghurt, chilli, lime juice) in a food processor and blend.
6. Dust a clean work surface and rolling pin with flour, then divide the dough in half, then divide each half in half again (roughly the size of a golf ball).
7. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds, roughly 2mm to 3mm thick.
8. Use a knife to cut 6 lines into the centre of each round, leaving about 3 cm at each end.
9. Place the frying pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side, or until puffed up, turning with tongs.



Equipment:

Bowl

Knife

spoon

Storage and reheating instructions:

Eat Flatbread on the day of making when they are the freshest.

Tzatziki can be stored in the fridge for 2 days.

Sausage Koftas and Tzatziki

Ingredients:**From home:**

3 sausages

Fresh herbs such as rosemary/thyme

¼ cucumber

150ml natural yoghurt

1 lemon

From School:

Oil

Salt

Black pepper

2 Kebab sticks

Herb selection.

**Method:**

1. Preheat the oven to 180C
2. Remove the skins from the sausages by slitting them lengthwise and peeling off.
3. Mould each sausage around the kebab stick, squashing the meat on and leaving finger marks.
4. Chop up the herbs if you are using and a tablespoon of oil and roll the sausage stick in the oil.
5. Grill on medium heat for 10-15 minutes until cooked and golden.
6. Meanwhile, grate the cucumber into a bowl, add the yoghurt and season with salt and pepper and squeeze in some lemon juice.
7. Serve the kebabs with the dressing.

Equipment:

Baking tray

Greaseproof paper

Storage and reheating instructions:

Store the koftas in the fridge once cold and eat hot or cold.

Heat though until piping hot in the oven or microwave.

Dip will last (covered) up to three days in the fridge.

Cheese and Spinach Muffins

Ingredients:

From home:

15 g butter
1/2 small red onion, finely chopped
200 g plain flour
125 g Cheddar cheese, grated (any hard cheese can be used)
100 ml whole milk
1 egg
75 g baby spinach leaves

Muffin/ cupcake paper cases

From School:

1½ teaspoons baking powder
½ teaspoon cayenne pepper

**Method:**

1. Preheat the oven to 170°C
2. Melt the butter in a saucepan over medium heat then fry the onion until soft and shiny. Set aside.
3. Put the flour, baking powder, cayenne and cheese in a large bowl.
4. In a separate jug mix the milk and egg together then slowly pour into the flour mixture and beat until all the ingredients are well mixed
5. Stir in the onion and spinach with a spoon until evenly dispersed.
6. Spoon the mixture into the paper cases until two-thirds full and bake in the preheated oven for 20-25 minutes or until deep golden and the sponge bounces back when touched. Leave the muffins to cool slightly in the tray before turning out onto a wire cooling rack to cool completely.

Equipment:

Muffin tray
Mixing bowl
Measuring Jug
Mixing spoon
2 spoons

Storage and reheating instructions:

Store in an airtight container, eat within three days.

Chickpea Curry

Chana Saag

Ingredients:

From home:

1 medium onion
1 x 400 g tin chickpeas
1 x 400 g tin of tomatoes
1 teaspoon fresh ginger paste/ 2 cm fresh ginger grated
1 teaspoon garlic paste/ 2 cloves of garlic
200g baby spinach

1 fresh green chillies (optional)
a few sprigs of fresh coriander (optional)

From School:

½ teaspoon chilli powder
½ teaspoon turmeric
1 teaspoon sugar
½ teaspoon ground coriander
1 tablespoon oil
½ teaspoon cumin seeds
Salt

**Method:**

1. Peel and finely chop the onions, drain and rinse the chickpeas and finely slice the green chillies -if using .
2. Heat the oil in a saucepan over a medium heat, add the onions and fry until transparent and turning golden at the edges.
3. Add the garlic and ginger.
4. Add the tinned tomatoes, fill the tin a third of the way up and swirl add to the pan. Cook for 5 minutes, Add the spices.
5. Stir the drained chickpeas into the pan. Place the lid on the pan, lower the heat and simmer for 5 to 7 minutes.
6. Add the spinach and stir.
7. Sprinkle with the chopped coriander - if using.

Equipment:

Saucepan
Knife
Chopping board
Spoon for mixing

Storage and reheating instructions:

Reheat in the microwave or on the hob until piping hot. Serve with rice, chapattis, paratha or naan bread.
Store in the fridge in a sealed container.

Apple Crumble

Ingredients:**For the crumble**

150g plain flour

80g sugar

100g butter or margarine

pinch of salt

For the filling

2 apples, peeled, cored and cut into

1cm/½in pieces

25g sugar

1 tbsp plain flour

1 pinch ground cinnamon

**Method:**

1. Preheat the oven to 180C
2. Place the flour, salt and sugar in a large bowl and mix well.
3. Rub the butter into the flour mixture with your finger tips. Keep rubbing until the mixture resembles breadcrumbs and all the butter is incorporated.
4. Place the fruit in an ovenproof dish and sprinkle over the sugar, flour and cinnamon. Stir well.
5. Sprinkle the crumble mixture on top.
6. Bake for 20-25 minutes until the crumble is browned and the fruit mixture bubbling

Equipment:

bowl

Spoon

Cooks knife

Teaspoon

Oven proof dish

Storage and reheating instructions:

Reheat until piping hot, can be eaten cold

Eat within three days

Lovely with custard!

Sausage Pasta Bake

Tomato Reduction Sauce

Ingredients:*From home:*

2 cloves of garlic
 25 g Cheddar cheese
 1 slice of bread
 2 sausages
 1 x 400 g tin of tomatoes
 200 g dried pasta

Ovenproof dish/ container to bake in*From School:*

1 teaspoons dried oregano
 oil
 1 pinch of dried chilli flakes
 Salt
 Black pepper

**Method:**

1. Preheat the oven to 200°C
2. Cook the pasta in boiling water for 10 minutes. Drain in a colander and tip into your container.
3. Peel and finely slice the garlic. Coarsely grate the Cheddar. Tear the stale bread into small chunks or blitz in the food processor.
4. Tip the breadcrumbs into a bowl with one of the sliced garlic cloves, a good pinch of the oregano, the grated cheese and a pinch of sea salt and a sprinkling of black pepper. Drizzle with a little oil and mix it all together.
5. Pop the sausages out of their skins and break each one into 4 equal pieces. Roll each piece into a ball shape and place on a baking tray. Bake in the oven for about 10 minutes, or until golden and cooked through.
6. Meanwhile, heat a little oil in a frying pan over medium heat. Add the remaining sliced garlic and oregano, and the chilli flakes. Stir until the garlic is coloured, then tip in the tomatoes.
7. Add a pinch of salt and pepper, bring to the boil, then reduce the heat and simmer for 5 minutes, stirring occasionally.
8. Add the sausage balls to the pasta, pour over the sauce and mix well.
9. Sprinkle over the cheesy crumb mix and bake for 10 minutes, or until golden on top and bubbling

Equipment:

Baking tray
 Greaseproof paper

Storage and reheating instructions:

Bake at home to crisp the topping in an oven 180C for 15 minutes.

Eat within 3 days

Leftovers can be stored in the fridge for 3 days or frozen on day of making for 1 month. Reheat once defrosted in the fridge overnight.

Chicken Goujons

Ingredients:

From home:

2 slices of bread/2 pita bread
 1 chicken breasts/ 2 thighs
 1 fresh basil leaves - ½ pack
 1 egg
 1 clove of garlic
 10 g Parmesan cheese (optional)
 1 lemon

Optional: salad leaves and pita bread to serve.

From School:

Salt and black pepper

Veggie alternative:

Use cauliflower florets instead of chicken or whole Quorn fillets - sliced



Method:

1. Preheat the oven to 200°C/400°F/gas 6.
2. Tear bread into a blender and blitz into fine crumbs, then pour into a shallow dish.
3. Slice chicken into 1cm strips and place in a bowl.
4. In a blender add: basil, egg, garlic, Parmesan, lemon zest, lemon juice, a pinch of sea salt and black pepper and blitz until smooth.
5. Pour over the chicken and mix together well, massaging the flavour into the meat.
6. Working in batches, gently turn the chicken strips in the tray of crumbs until nicely coated.
7. Place on a baking tray, bake for 15 to 18 minutes, or until golden and cooked through, turning halfway.

Equipment:

Food processor
 Baking tray
 Chopping board -red
 Sharp knife
 2 mixing bowls

Storage and reheating instructions:

Reheat in the oven until piping hot 180C for 15 minutes.
 Store in the fridge- eat within two days of making.
 Can be eaten cold

Margarita Pizzettas

Ingredients:

From home:

175 g self-raising flour,
125 g natural yoghurt
2 cloves of garlic
1 x 400 g tin tomatoes
½ a bunch of fresh basil
150 g mozzarella (1 ball) or cheddar
cheese

From School:

olive oil
Dried chilli flakes optional



Method:

1. Preheat the oven to 220°C.
2. Place the flour in a large bowl with a small pinch of salt, ½ tablespoon of olive oil and the yoghurt. Mix well with a spatula until you can't move it anymore, then use your clean hands to form it into a dough. Turn onto a board and knead for a few minutes until smooth. Plop it back into the bowl, cover with a cloth and leave to one side while you make your sauce.
3. Peel and finely slice the garlic and place in a medium pan on a medium heat with 1 tablespoon of oil, then pour in the tomatoes. Use a potato masher to squash everything down to make a smooth sauce. Cook for 10 minutes, or until thickened, then tear in most of the basil, add a pinch of salt and black pepper set aside.
4. Place your dough on a flour-dusted surface and divide into 4 pieces. Roll the pieces of dough into thin rounds. Transfer your pizza bases to the baking tray and spoon the tomato sauce over each base, spreading out with a spoon. Tear over the mozzarella.
5. Place the trays in the oven and cook for 10 minutes, or until the bases are crispy and the cheese is bubbling.

Equipment:

Mixing bowl
Saucepan
Stirring spoon
Baking tray with greaseproof

Storage and reheating instructions:

Reheat in the oven 180C for 10 minutes
Can be eaten cold.
Store in the fridge for up to 3 days.
Best eaten on the day of making.

Irish Soda Bread

Ingredients:

From home:

200 g wholemeal flour

1 egg

150 ml natural yoghurt

From School:

½ teaspoon bicarbonate of soda

½ teaspoon sugar

Sea salt

**Method:**

1. Preheat the oven to 190°C
2. Place the flour, bicarbonate of soda, sugar and ½ teaspoon of sea salt in a large bowl and mix together.
3. In a separate bowl, use a fork to beat the egg and yoghurt together.
4. Use a fork to stir the egg mixture into the flour, then as it starts to come together, use your hands to pat and bring the dough together. Be careful not to over-mix the dough – stop mixing as soon as it comes together otherwise you'll end up with tough, dense bread.
5. Shape the dough into a ball and place onto a lightly floured baking tray. Use your hands to flatten the dough slightly so you end up with a disk, roughly 6 to 7cm thick.
6. Score a cross into the top of the bread with a knife, then bake in the oven for 30 minutes, or until a firm crust has formed and it sounds hollow when tapped on the bottom.

Equipment:

Mixing bowl

Fork

Baking tray with greaseproof paper.

Storage and reheating instructions:

Store in an airtight container

Eat fresh on the day of making or toast the next day.

Veggie Nachos

Ingredients:

1 x small tin of sweetcorn
3 spring onions
½ red pepper
2 tomatoes
1 red chilli -optional
A small bunch of coriander
1 lime
2 tortillas or wraps
½ x 400g tin of black beans
25g feta or grated cheddar cheese

From School:

oil



Method:

1. Preheat the oven to 180°C, and place a frying pan on number 4 to heat up.
2. Drain the sweetcorn and chop the spring onions. Put the pepper, tomatoes, spring onions and chilli (if using) into the dry pan for 10 minutes, or until soft and charred, turning occasionally. Transfer to a bowl, and leave for 5 minutes.
3. Tip the sweetcorn into the pan and cook for 2 minutes, then place in a separate bowl.
4. Once cool enough to handle, roughly chop the tomatoes and spring onions and add them to the charred sweetcorn.
5. Pick and chop a few coriander leaves, then add to the bowl with the juice of ½ a lime, a splash of olive oil and a pinch of salt.
6. Pile up the tortillas and cut, through the stack, into eight triangles, then arrange in a single layer over a baking tray. Bake for 10 minutes, or until golden, turning halfway.
7. Drain and rinse the beans, pat dry with kitchen paper, then tip into the frying pan over a medium heat and leave for 5 minutes, shaking occasionally - you want them to pop open. Arrange the tortilla chips on a serving plate, top with the popped beans, tomato and pepper salsa. Crumble over the feta/cheese, sprinkle with coriander leaves
8. Cut the remaining lime into wedges for squeezing over.

Equipment:

Storage and reheating instructions:

Eat on day of making store in the fridge heat once

Sausage Noodles

Ingredients:**From home:**

2 sausages

1 garlic clove, crushed

1 teaspoon grated ginger

1 red chilli, chopped optional

160g green beans

3 nests medium egg noodles

fresh coriander (optional)

From School:

Oil

Soy sauce

**Method:**

1. Pour boiling water over the noodles and leave to soften.
2. Squeeze the sausages out of their skins. Mix the sausage meat with the garlic, ginger and red chilli -if using, then fry in oil until browned.
3. Add the green beans, then fry for 1 min more.
4. Drain the noodles and add to the saucepan, add a spoon of soy sauce, and mix together.
5. Add a spoon of water and put the lid on to allow the beans to steam for a couple of mins.
6. Sprinkle with fresh coriander leaves.

Equipment:

Chopping board

Frying pan

Storage and reheating instructions:

Store in the fridge when cold.

Reheat once in the microwave/ oven or hob until piping hot.

Eat within a day of making.

Fruit Muffins

Ingredients:

1 egg
50ml vegetable oil
125ml milk
125g caster sugar
200g self-raising flour
50g dried fruit such as sultanas or dried cherries, or fresh/frozen fruit (blueberries, banana etc.)

From School:**Method:**

1. Heat oven to 200C. Line 1 muffin tray with paper muffin cases.
2. In a large bowl beat eggs lightly with a handheld electric mixer for 1 min.
3. Add vegetable oil and milk and beat until just combined then add caster sugar and whisk until you have a smooth batter.
4. Add the flour until just smooth. Be careful not to overmix the batter as this will make the muffins tough.
5. Stir in chocolate chips or fruit if using.
6. Fill muffin cases two-thirds full
7. Bake for 20 mins, until risen, firm to the touch
Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

Equipment:

Mixing bowl
Spoon
Muffin tin
Electric whisk

Storage and reheating instructions:

Store in an airtight container best eaten fresh will last for three days

Thai Fish cakes

Ingredients:

200g tinned salmon
1 lime finely grated zest
1 spring onion, thinly sliced

From School:

1 tbsp Thai fish sauce
½ tbsp Thai red curry paste
½ tbsp finely chopped coriander
½ medium egg white
½ tsp caster sugar
1 tbsp vegetable oil



Method:

1. Finley chop the coriander and spring onion, zest the lime.
2. Put the salmon, fish sauce, curry paste, lime zest, coriander, egg white and sugar in a food processor.
3. Whiz until you have a smooth paste.
4. Put mixture in a bowl and stir in the spring onions. Lightly wet your hands and form the mixture into 8 patties about 3cm (1in) across
5. Heat a frying pan. Add 1 tbsp of oil and cook half the fishcakes for 5 minutes until golden, then carefully turn them over and cook for 3-5 minutes more, until cooked through.

Equipment:

Food processor
Knife
grater

Storage and reheating instructions:

Reheat until piping hot
Eat on day of making

Dough Balls and Garlic Butter

Ingredients:

75ml warm water

From home:

1 teaspoon dry yeast (easy bake)

120g of plain flour

For the garlic butter

10ml olive oil

4 tablespoon of butter

Half a teaspoon of chopped garlic

From School:

½ teaspoons of salt

olive oil

Fresh parsley chopped (optional)

**Method:**

1. Preheat the oven to 200°C. Line a baking tray with greaseproof paper.
2. Put the flour, yeast and salt into a large mixing bowl. Make a well in the middle and pour in the warm water.
3. Lightly flour your hands and slowly mix the ingredients together until they bind.
4. Dust your surface with flour, knead the dough for 10 minutes until smooth, silky and soft.
5. Leave dough to rest until soft to the touch but not too spring
6. Roll dough into a 60cm long tube. Chop into 8 chunks and place on a baking tray. Leave the Dough Balls to rest in the pan for 10 mins. While you wash up your bowl and wipe worksurfaces.
7. Bake for six minutes until lightly golden.
8. Make the garlic butter: blend olive oil, butter and chopped garlic into a paste with a spoon.

Equipment:

Baking tray

Greaseproof paper

Measuring spoons

Small bowl

Storage and reheating instructions:

Store in an airtight container when cool

Eat on day of making

Burritos

Ingredients:

From home:

100g cooked chicken/turkey or veggie pieces, (optional)

1 small bunch of fresh coriander (optional)

1 clove of garlic

1 x 400 g tin of pinto, black beans or kidney beans

1 pouch of Uncle Bens/Tilda pre-cooked wholegrain rice

1 tomato

2 spring onions

1 lime or lemon

2 little gem lettuce leaves/salad leaves

2 large flour tortilla wraps

40 g Cheddar cheese

From School:

Salt and freshly ground black pepper

1 tablespoons Greek yoghurt

Salt and black pepper



Method:

1. Heat the rice according to the instructions.
2. Peel and finely slice the garlic. Heat 1 tablespoon of oil in a large frying pan over a medium-high heat, add the garlic and fry for 1 minute.
3. Drain, rinse and add the beans, then fry for a further few minutes. Add the rice and cook for 5 minutes, or until crisp and piping hot through, stirring occasionally. If using, roughly chop and add half the coriander leaves and the zest from the lime or lemon. Stir well and remove from the heat.
4. To make the salsa: Chop the tomatoes and trim and finely slice the spring onions, then add to a bowl with the juice of the lime. Chop and add the remaining coriander leaves, mix well and season with salt and pepper. Shred the lettuce and cooled chicken/meat -if using.
5. Soften the tortilla in a hot frying pan for 1 minute, then place onto a board. Spoon one-quarter of the fried rice and beans along the middle, top with a generous spoonful of salsa, a handful of lettuce and chicken/quorn pieces. Grate over some cheese and add a spoon of yoghurt.
6. Wrap up the burrito. Repeat with the remaining ingredients.

Equipment:

Frying pan

Saucepan

Knife

Bowl

Foil

Chopping board

Storage and reheating instructions:

Reheat once in a frying plan or wrapped in foil in the oven for 15 minutes at 180C.

Eat on day of making

Store in the fridge once cold.

Super Veg Burgers

Ingredients:

From home:

1 small bunch of fresh coriander/
other fresh herbs (optional)
1 x 400g tin of chickpeas
100 g frozen peas
1 lemon
60 g Cheddar cheese (optional)

To make into burgers -optional this can be done at home

1 lettuce leaves (little gem)
1 tomato
2-4 burger buns

From School:

½ teaspoon smoked paprika
1 teaspoon plain flour , plus extra
oil

Salt and black pepper



Method:

1. Put the coriander/herbs into the bowl of a food processor.
2. Drain the chickpeas and add to the bowl, along with the peas, smoked paprika and flour.
3. Finely grate in the lemon zest, squeeze in half the lemon juice, then blitz until combined, but still a little chunky, scraping down the sides of the processor between pulses if needed.
4. Tip the mixture onto a flour-dusted board and divide into 4. Using flour-dusted hands roll each piece into a ball and flatten into a patty about 2.5cm thick.
5. Drizzle 1 tablespoon of oil into a large non-stick frying pan placed on a medium-high heat. Add the patties and cook for 3 to 4 minutes on each side, pressing them down with a fish slice, until golden on both sides.
6. Grate the cheese evenly onto the patties, and cook for 3 to 4 minutes until the cheese is melted.

TO MAKE THE BURGERS

1. Trim the lettuce leaves, thinly slice the tomato into rounds and cut the buns in half.
2. Add the patties to the bun bottom and stack up the burgers with lettuce, tomato and your favourite sauce. Serve with a spoonful of rainbow slaw on the side.

Equipment:

Mixing bowl
Stirring spoon
Frying pan
Sharp knife

Storage and reheating instructions:

Heat the burger patties in the oven at 180C for 15 minutes until piping hot or in the microwave for two minutes.
Store in the fridge for up to 3 days

Turkey Burgers and Potato Wedges

Ingredients:

From home:

250g turkey mince

1 egg

1 clove garlic

1 large potato or sweet potato

OPTIONAL TO MAKE INTO BURGERS

2 burger buns

Lettuce

Sliced tomatoes

Mayonnaise

From School:

1 teaspoon Worcestershire sauce

1 teaspoon chopped parsley

Salt

Freshly ground black pepper

Oil

Spices for wedges: smoked paprika and chilli.

(Veggie version -make Super Veggie Burger)



Method:

1. Preheat the oven to 200C.
2. Scrub the potato and cut into wedges. Place on a baking tray and drizzle with oil and sprinkle with salt and pepper and spices. -if using.
3. Bake in the oven for 20 minutes until crispy, cooked and golden.
4. Meanwhile: Crush garlic, chop parsley.
5. In a bowl, mix together turkey, egg, garlic, Worcestershire sauce, and parsley, season with salt and pepper.
6. Form mixture into two flat patties.
7. In a medium pan over medium heat, heat oil. Add patties and cook until golden and cooked through, 5 minutes per side.
8. Serve on a bun with desired topping and wedges

Equipment:

Baking tray

Mixing bowl

Fork

Frying pan

Knife

Storage and reheating instructions:

Eat on the burger day of making or store in the fridge for 2 days.

Reheat until piping hot in the microwave or in the oven at 180C for 15 minutes.

Cauliflower Mac 'n' Cheese

Ingredients:**From home:**

Ovenproof dish/container

125g dried macaroni or pasta

½ small head cauliflower or broccoli

250ml milk

100g cheddar cheese

From School:

15g butter or margarine

1 tbs plain flour

1 tsp English mustard powder

**Method:**

1. Break the cauliflower into pieces, grate the cheese.
2. Half fill a saucepan with water and bring it to the boil, add the dried macaroni/pasta and boil for 8 minutes, adding the cauliflower for the final 4 mins.
3. Meanwhile: Melt the butter in a saucepan, then stir in the flour and mustard powder (if using) and cook for 2 mins.
4. Gradually add the milk, stirring all the time to get a smooth sauce. Take it off the heat when it starts to boil.
5. Add three-quarters of the cheese and salt and pepper to the sauce.
6. Drain the macaroni and cauliflower in a colander and stir into the cheese sauce.
7. Transfer to an ovenproof dish or your container, then sprinkle over the remaining cheese and flash under a hot grill until golden and bubbling.

Equipment:

Saucepan

Stirring spoon

grater

Storage and reheating instructions:

Reheat in the oven until piping hot 180C for 15 minutes.

Store in the fridge- eat within two days of making.
Serve with green salad.

Singapore Noodles

Ingredients:

From home:

3 nests medium egg noodles
 ½ bag of fresh stir fry vegetables **OR**

- 50g broccoli
- ½ red pepper
- 40g baby corn
- 50g beansprouts

1 garlic clove

1 red chilli (optional)

fresh ginger 2cm piece

2 spring onions

Coriander leaves, (optional)

Protein of your choice:

1 chicken breasts/ thigh

100g shelled prawns

100g quorn pieces

100g tofu/paneer

From School:

1 teaspoon Madras curry paste

soy sauce

Sunflower oil



Method:

1. Pour boiling water over the noodles and leave to soften.
2. Prepare the vegetables and protein:
 - broccoli: sliced or broken up
 - pepper: deseeded, quartered then cut into strips
 - baby corn: quartered lengthwise
 - garlic cloves: peeled, shredded
 - red chilli: deseeded, chopped
 - fresh ginger: peeled, finely chopped
 - Chicken - slice
 - Spring onions sliced
3. Heat oil in a saucepan and stir-fry all the vegetables, with the garlic, chilli and ginger until softened. Tip the veg on to a plate,
4. Add oil to the saucepan and briefly stir-fry the chicken/prawns/tofu/paneer/quorn until cooked.
5. Add the curry paste to the pan.
6. Stir-fry for a few seconds then add 50 ml water and the soy sauce. Allow to bubble then add the drained, softened noodles and mix together to coat.
7. Add the vegetables, and the coriander and spring onions. Mix well over the heat and serve with lime wedges.

Equipment:

Chopping board

Frying pan

Mixing bowl

Storage and reheating instructions:

Serve with lime wedges, for squeezing over.

Reheat in a frying pan - stir fry until piping hot or in the microwave for 3 minutes.

Store in fridge eat within a day of making

Jam jar dressing & salad

Ingredients:

5 tablespoon natural yoghurt
2 tablespoons white or red wine vinegar
1 tablespoon olive oil
1 sprig parsley
1 sprig of mint
Salt and black pepper

A selection of salad leaves/
ingredients

From School:

All ingredients for dressing

Method:

1. Finely chop the herbs
2. Add all ingredients to a jam jar with salt and pepper.
3. Put the lid on and shake well

Equipment:

Jam jar
Chopping board
knife

Storage and reheating instructions:

Store dressing in the fridge
Eat on day of making

50/50 Bolognese Sauce

Ingredients:

From home:

250 g minced beef, pork or turkey or quorn mince

2 cloves of garlic

125 g fresh or frozen chopped mixed onion, carrot & celery

1 x 400g tin of lentils

1 x 400g tin of chopped or plum tomatoes

From School:

½ teaspoon dried rosemary

olive oil

1 tablespoons balsamic vinegar

**Method:**

1. Chop the onion, carrot and celery if you have not done so already. Peel, finely chop the garlic,
2. Put a saucepan on a medium-high heat. Stir in the mince, breaking it up with your spoon, and let it brown for 10 minutes, stirring regularly. Add the rosemary and the garlic, along with the chopped mixed veg, season with sea salt and black pepper and cook for another 10 minutes, still stirring regularly.
3. Stir in the balsamic, then add the lentils, juice and all. Add the tomatoes, then half-fill the tin with water, swirl around and pour into the pan. Bring to the boil, then simmer on a medium-low heat for 15 minutes, or until thickened, stirring occasionally.

Equipment:**Storage and reheating instructions:**

Store in the fridge when cold for up to three days.

Can be frozen on day of making and used within a month.

Reheat once in the microwave/ oven or hob until piping hot.

Corn, Chilli and Cheese Empanadas

Ingredients:

From home:

Filling:

½ x 198g can sweetcorn
small handful coriander,
1 spring onion
25g cheddar cheese
½ green chilli, optional

Pastry:

250 g self raising flour
75 g butter or margarine

OPTIONAL: choose a filling of your choice - this must be prepared and ready to use in the lesson.

From School:

1 egg



Method:

1. Preheat the oven to 190°C
2. To make the pastry, combine the flour, baking powder and a pinch of sea salt in a bowl. Rub the butter into the dry mix until it resembles fine breadcrumbs.
3. Mix in just enough cold water to bring it together, set aside.
4. Meanwhile, make the filling by mixing the corn, coriander, spring onion, cheese and chilli with some seasoning.
 - Drain sweetcorn
 - Chop coriander
 - Finely sliced spring onion
 - Grate cheddar
 - Chop chilli if using
5. Divide the pastry into 7 equal pieces, then roll each portion into 14cm circles and the thickness of a pound coin – use a biscuit cutter or saucer for an accurate round.
6. Spoon 2 tablespoons of the filling onto the middle of each pastry round, brush the edges with a little beaten egg, then fold them over the filling to make a semi-circle. Press the edges together with a fork to seal, then place onto a large, lightly greased baking tray.
7. Brush the empanadas with the beaten egg and bake in the hot oven for 15-20 minutes, or until golden and crisp.

Equipment:

Biscuit cutter
Baking Tray and greaseproof paper
Chopping knife chopping board
Pastry brush

Storage and reheating instructions:

Can be eaten cold. Store in the fridge for three days. Reheat until piping hot 180C for 15 minutes or 2 minutes in the microwave.

Risotto

Ingredients:

From home:

1 stock cube, such as chicken or vegetable
 1 medium onion
 1 clove of garlic
 1 stick celery
 50g cheese - grated
 2 tablespoons butter
 150 g risotto rice

Optional:

*100g of vegetables of your choice
 e.g.: mushrooms, peas, butternut squash, beetroot, tomato, peppers*

From School:

Vegetable oil
 Salt and black pepper
 Selection of herbs



Method:

1. Place the stockcube in a measuring jug and add 500ml boiling water.
2. Peel and finely chop the onion and garlic, trim and finely chop the celery. Grate the cheese.
3. In a pan, heat the oil and butter over a low heat, add the onions, garlic and celery, and fry gently for about 10 minutes, or until softened but not coloured.
4. Add the rice and turn up the heat – the rice will now begin to lightly fry, so keep stirring it. After 1 minute it will look slightly translucent.
5. Add 100 ml of stock. Turn the heat down to a simmer so the rice doesn't cook too quickly on the outside.
6. Keep adding more stock, stirring and allowing it to be absorbed before adding the next. This will take around 15 minutes.
7. Taste the rice — is it cooked? Carry on adding stock until the rice is soft but with a slight bite. Don't forget to check the seasoning carefully. If you run out of stock before the rice is cooked, add some boiling water.
8. Remove the pan from the heat, add 1 spoon of butter and the cheese, then stir well.
9. Place a lid on the pan and let it steam for 2 minutes – this is the most important part of making the perfect risotto, as this is when it becomes creamy.

Equipment:

Saucepan
 Knife
 Stirring spoon
 Chopping board

Storage and reheating instructions:

Store in the fridge when cold.
 Reheat once in the microwave/ oven or hob until piping hot.
 Eat within a day of making.

Tomato Spaghetti

Ingredients:

From home:

1 leek or medium onion
½ a fresh chilli , optional
1 clove of garlic
1 x 400 g tin of tomatoes (whole or chopped)
130 g dried spaghetti or pasta

Parmesan cheese , to serve (optional)

From School:

2 sprigs of fresh basil
Oil
Black pepper
salt

**Method:**

1. Halve, wash and finely slice the white part of the leek or finely chop the onion. Halve, deseed and finely chop the chilli (if using), and peel and finely chop the garlic.
2. Place a frying pan on a medium heat with ½ a tablespoon of oil. Add the chopped veg to the pan and cook for 5 minutes, or until softened, stirring regularly.
3. Add the tomatoes. Quarter-fill the tin with water, swirl it around to pick up the last bits of tomato and pour it into the pan, add a pinch of black pepper and a tiny pinch of sea salt.
4. Bring to the boil, then turn the heat down and leave to simmer, stirring regularly, while you cook your pasta.
5. Cook the pasta in a large pan of boiling water according to the packet instructions, then drain
6. Add the pasta to the sauce, then stir well over the heat.
7. Place the pasta in your container. Pick and finely slice the basil leaves, then scatter over the top, and serve with a good grating of Parmesan cheese.

Equipment:

Frying pan
Saucepan
Knife
Stirring spoon
Colander

Storage and reheating instructions:

Store in the fridge when cold.
Reheat once in the microwave/ oven or hob until piping hot.
Eat within a day of making.

Fruity crumble bars

Ingredients:**Crumble**

175 g rolled oats
200g plain flour
150 g sugar
½ tsp baking powder
175g butter or margarine

Filling

200g raspberries/ blueberries (fresh or frozen berries)
150 g berry or apricot jam
1 tbsp lemon juice

From School:

1 tbsp cornflour

**Method:****Crumble**

1. Preheat the oven to 180°C and line a 9x9" square tin with parchment paper.
2. In a large bowl, add the rolled oats, plain flour, sugar, baking powder and butter.
3. Rub the ingredients together with your fingers until the mixture resembles breadcrumbs and there are no large lumps of butter left.

Filling

1. In a new bowl, add the fruit, jam, lemon juice and cornflour.
2. Mash the ingredients together until they are combined.

Assembly

1. Pour $\frac{3}{4}$ of the oatly crumble mix into the lined tin and press down firmly.
2. Pour the filling onto the oat base, and spread.
3. Sprinkle over the rest of the crumble mix
4. Bake the crumble bars in the oven for 25 minutes until golden
5. Leave the bars to cool fully before portioning.

Equipment:

Mixing bowl
Knife
Stirring spoon

Storage and reheating instructions:

Eat once cooled can be heated and served with custard