

Year 7 – Summer Term Recipes

Remember a named container to take your food home

<p><u>Savoury Rice</u></p> <p>1 Onion 3 mushrooms ½ red pepper 1 tomato 2 tsp oil 150g long grain rice 1 vegetable stock cube 550ml boiling water (provided in school) 50g peas 2 tsp curry powder</p>	<p><u>Sausage Rolls</u></p> <p>1 small pack of readymade puff pastry (320g approx) 4-5 sausages 1 eating apple 2 spring onions 5 dried apricots (optional) 1 egg for glazing</p>
<p><u>Vegetable Curry</u></p> <p>1 Onion 1 Clove of garlic 1 Large potato 1 teaspoon oil 2 teaspoons curry paste 300ml water (provided in school) 400g tin chopped tomatoes 400g tin chick peas 3 handfuls of fresh spinach</p>	<p><u>Stir-Fry</u></p> <p>100g noodles 1 x chicken breast (or 1 Quorn fillet) 1 clove garlic ½ red chilli 1cm fresh ginger ½ red onion 3 mushrooms ½ yellow pepper 1 pak choi 1 x tbsp spoon oil 1 x tbsp spoon soy sauce</p>
<p><u>Fajitas</u></p> <p>¼ tsp Chilli powder Small bunch Coriander 1 x 10ml spoon Oil 1 Small Chicken breast (or 1 Quorn fillet) ½ Lime, 1 Clove garlic, ½ Onion, ½ Green Pepper 1 Tomato, 25g Cheddar Cheese, 2 Tortillas</p>	<p><u>Mini Carrot Cakes</u></p> <p>150g margarine 250g carrots 200g sugar 200g flour 2 x tsp cinnamon 2 x tsp baking powder 2 large eggs 125g sultanas 12 paper cup cake cases</p>