

Year 8 – Summer Term Recipes

Remember a named container to take your food home

<p><u>Fajitas</u></p> <p>½ lime 1 clove garlic ¼ tsp chilli powder Small bunch coriander 1 x 10ml spoon oil 1 small chicken breast or 1 Quorn fillet ½ onion ½ green pepper 1 tomato 25g Cheddar cheese 2 tortillas</p>	<p><u>Enchiladas</u></p> <p>2 chicken breasts 1 pepper 1 onion 1 clove garlic 1 red chilli 1 can chopped tomatoes 1 tsp ground coriander 1 tsp ground cumin 100g grated cheese 1 tub sour cream 4 flour tortilla wraps 2 tbsp oil Bring an oven proof dish</p>
<p><u>Chilli Con Carne</u></p> <p>1 onion 1 clove garlic 2 tsp flour 1 beef stock cube 1 pepper 2 tsp oil 1 400g tin red kidney beans 250g minced beef 1 tbsp tomato puree 1 tsp chilli powder 1 large potato</p>	<p><u>Chicken Goujons with Wedges or Coleslaw</u></p> <p>60g Fine breadcrumbs 1 Large egg ¼ tsp Cayenne Pepper (optional) 25g Plain flour 1 Boneless and skinless chicken breast (Choose from potato wedges or coleslaw) 1 medium potato or 1 carrot 1 onion ¼ cabbage 4 tbsp mayonnaise</p>
<p><u>Kofta and Flat Bread</u></p> <p>1 small onion 200g plain flour 1 clove of garlic ¼ tsp salt ½ red chilli 200g lamb mince 2 tbsp oil 1 x 5ml spoon cumin 1 sprig of parsley, mint and coriander</p>	<p><u>Cheesecake Cups</u></p> <p>1 Punnet of soft fruit eg. Blueberries / Blackberries / Raspberries 2tbsp Caster Sugar, 250g (1 tub) Cream Cheese such as Philadelphia 200ml (1 pot) Crème Fraiche, 8 Oat Biscuits (Hob Nobs) 2tsp Vanilla essence Additional toppings: Chocolate to grate, Maltesers 4 glasses or bowls to make your desserts in</p>

