

YEAR 9 FOOD INGREDIENTS

Jambalaya

Date:.....

1 chicken breast or 100g quorn pieces
50g Chorizo sausage (optional)
1 clove garlic
150g long grain rice
½ pepper
½ onion
1 stick of celery (optional)
1tbsp oil
1tsp dried herbs
1tsp paprika*
1tsp tabasco sauce*
1 stock cube
400g chopped tomatoes

Container to take home in

OR

Risotto

Date:.....

1 tin tuna
1 clove garlic
150g arborio/risotto rice
165g sweetcorn (small tin)
½ onion
1 stick of celery (optional)
1tbsp oil
1tsp dried herbs
1 stock cube

Container to take home in

OR

Paella

Date:.....

1 chicken breast or 100g quorn pieces
100g prawns (optional)
1 clove garlic
150g long grain rice
½ pepper
½ onion
1tbsp oil
½ tsp paprika*
1tsp mild chilli powder*
1 stock cube
3 fresh tomatoes

Container to take home in

Mini Quiches

Date:.....

100g Plain Flour (plus extra for rolling)
50g or butter (not margarine)
1 egg
100ml milk
½ small onion
20g cheese

Container to take home in

Bread Rolls

Date:.....

400g strong plain flour
½ tsp salt
1 sachet of dried yeast
1 tsp sugar
1tsp oil

Container to take home in

Victoria Sandwich Cake

Date:.....

150g Self Raising Flour
150g or butter or soft margarine for cake making
3 eggs
150g caster sugar
3 Tbsp Jam

Container to take home in

Own Style Pizza

Date:.....

Base:

200g Self Raising flour
1 Tsp Salt
200g Greek Yoghurt
1 Sachet of Active Baking Yeast
Extra Flour for Kneading

Toppings:

3 tbsp of chopped tomatoes or 2 tbsp tomato puree or 2
tbsp of passata
1 tbsp dried mixed herbs
100g cheese
Additional toppings of your choice (any meat must be
pre-cooked)

*** Can be provided by school if they are not in
the cupboard at home.**