

YEAR 9 FOOD INGREDIENTS

Pasta Salad

Date:.....

150g pasta
½ pepper (any colour)
½ small onion
8 cherry tomatoes or 2 fresh tomatoes
1 fresh lemon
1 tin tuna or cooked chicken breast
50g sweetcorn (small tin)
½ Tbsp olive oil

Container to take home in

Mini Quiches

Date:.....

100g Plain Flour (plus extra for rolling)
50g butter (not margarine)
1 egg
75ml milk
½ small onion
20g cheese (not pre-grated)

Container to take home in

Bread Rolls

Date:.....

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

Large round 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
150g cheese (not pre-grated)
Additional toppings of your choice (any meat must be
pre-cooked)

At least 1 metre of foil to wrap it in

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