



**ST IVO
ACADEMY**
Astrea Academy Trust
INSPIRING BEYOND MEASURE

YEAR 7

Recipe Book

2025 - 2026

This booklet contains the full recipes, ingredient lists, and equipment, for each of the food practical's planned for Year 7 students.

The dates of your practical lessons will be shared with you before they take place, along with details of what you need to bring with you for each lesson.

If you have allergies, or any other concerns, please speak to your food teacher before the planned lesson



Banana & Oat Cookies

Ingredients:

- 1 banana
- 100g oats
- 25g sugar
- 25g oil
- 25g sultanas or raisins
- 5ml cinnamon

Equipment:

- Mixing bowl
- Fork
- Weighing scales
- Measuring spoons
- Baking tray
- Baking paper
- Oven gloves

Method:

1. Preheat the oven to 200C or gas mark 6.
2. Mash the banana.
3. Add all the other ingredients.
4. Mix everything together into a 'dough'.
5. Divide the mixture into 8.
6. Roll each pieces into a ball -place on the baking tray and flatten.
7. Bake for 10-15 minutes



Cheesy Bean Quesadilla

Ingredients:

- ½ onion
- 10ml oil
- sprinkle paprika & cumin
- 200g mixed beans, drained
- 40g Cheddar cheese
- 1 tortilla wrap

Equipment:

- Chopping board
- Knife
- Can opener
- Grater
- Masher or fork
- Mixing spoon
- Large frying pan
- Paper towel

Method:

1. Peel and chop the onion.
2. Heat the oil in a large frying pan and cook the onion for 2-4 mins.
3. Add the paprika/cumin and cook for 1 min.
4. Add the beans and a splash of water.
5. Using a potato masher or fork, crush/mash the beans as they warm through to make a rough purée.
6. Simmer for 5 mins.
7. Grate the cheese.
8. Spread the refried beans onto the tortilla and scatter over the cheese. Fold in half.
9. Wipe the frying pan with kitchen paper and return to the heat.
10. Dry fry the tortilla for approximately 2
11. mins on each side until it is crisp and golden and the cheese is melting.



Couscous Salad

Ingredients:

175ml	boiling water
1	vegetable stock cube
100g	couscous
1	medium tomato
1	spring onion
½	cucumber
½	yellow pepper
4	dried apricots
1	small bunch parsley
30ml	low fat dressing

Equipment:

Measuring jug
Measuring spoons
Weighing scales
Large bowl
Fork
Chopping board
Knife
Kitchen scissors
Spoon

Method:

1. Make up the stock by dissolving the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Stir with a fork and leave to stand for 5 minutes.
4. Chop the tomato and cucumber into small chunks.
5. Slice the pepper into small strips.
6. Slice the dried apricots and parsley into small pieces.
7. Fluff the couscous with a fork and then add all the vegetables and snip the spring onions into the bowl using the scissors.
8. Stir everything together.
9. Add the dressing.



Pitta Pizza

Ingredients:

- 1 pitta bread
- 1 tbsp tomato puree
- 40g cheese
- Toppings-choose from:
 - ham,
 - pepperoni,
 - cooked chicken
 - onion,
 - mushroom,
 - pepper,
 - sweetcorn

Equipment:

- Grater
- Knife
- Chopping board
- Metal spoon
- Oven gloves

Method:

1. Prepare your toppings, by thinly slicing any vegetables
2. Grate the cheese
3. Line the grill pan with foil and then light the grill – remember not to close the door!
4. Lightly toast the pitta bread for 1-2 minutes on each side
5. Remove the pitta bread from the grill pan.
6. Using a metal spoon, spread the tomato puree on one side of the pitta, and sprinkle the grated cheese on to it
7. Add any toppings
8. Return to the grill, leaving for 2-3
9. minutes, until the cheese is golden and slightly bubbling



Fruit Smoothie

Ingredients:

1 banana
100ml milk

Choose From:

- Raspberries
- Strawberries
- Apple
- Orange/2 satsumas
- Blueberries
- Pineapple

Equipment:

knife
chopping board

Method:

1. Prepare the fruit—using either the bridge or claw hold, cut the fruits into bitesize pieces
2. Add all the cut fruit to a jug, with around half the milk
3. Using a blender, blend the fruit until most of the large pieces have been broken down
4. **Make sure that the blade on the blender is in the ingredients before turning it on, and keep it submerged when turning off – this reduces mess!**
5. Add the remainder of the milk
6. Blend the ingredients together, until it is as smooth as you would like it to be
7. Enjoy!



Veggie Stir Fry

Ingredients:

1	nest noodles
½ tsp	chilli flakes or ½ red chilli
1	clove garlic
½	red onion
¼	cabbage or bok choi/pak choi
½	yellow pepper
3	mushrooms
10ml	cooking oil
10ml	soy sauce

Equipment:

Saucepan
chopping boards
Knife
garlic press
measuring spoons
Wok
wooden spoon
colander

Method:

1. Fill a saucepan with hot water and add the noodles. Cook on a medium heat for 3-5 minutes, then turn off.
2. Prepare the vegetables with a fresh knife on a clean chopping board; peel and crush the garlic, de-seed and slice the chilli (wash hands after doing this), peel and slice the ginger, slice the onion, pepper and mushrooms, shred the bok choi,
3. Heat the oil in the wok or frying pan
4. Add the onion, garlic and ginger. Allow to cook for 1 minute.
5. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes
6. Drain the boiling hot water away from the noodles into a colander in the sink
7. Serve.