



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

YEAR 8

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.



Pizza Wheels

Ingredients:

- 150g self-raising flour
- 25g butter or block margarine
- 1 egg
- 50ml milk
- 25g Passata/pizza topping sauce
- 50g Grated Cheese .
- 1tsp Mixed herbs.

Equipment:

- Baking tray
- Large mixing bowl
- Small mixing bowl
- Fork
- Wooden spoon
- Rolling pin
- Knife

Method:

1. Pre-heat your oven 200c gas 6 and line a baking tray with a sheet of parchment paper.
2. Sieve the flour into a bowl and rub the fat into the flour until it resembles breadcrumbs.
3. In a small bowl whisk together the egg and milk
4. Add the egg mixture to the flour mix to form a soft dough – you may not need all the mixture so add a little at a time.
5. Roll out the dough onto a floured surface and into a rectangle.
6. Spread the tomato sauce over the dough leaving a gap around the edge, then sprinkle with grated cheese and herbs .
7. Starting at the bottom of the rectangle fold in roll until it looks like a giant sausage roll ,then shape and seal the edge and start to cut into slices , cut in half ,then cut each of the halves in half until you have 8 slices .
8. Shape and press down place on the prepared baking tray
9. Bake for 15 minutes
10. Remove from the oven, leave to cool then place in a container and take home.



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!



Chicken Fajitas

Ingredients:

½	lime
½	green chilli
1	clove garlic
15ml	fresh coriander
10ml	oil
1	small chicken breast
½	onion
½	green pepper
2	tortillas
25g	Cheddar cheese
1	tomato
	Optional
15ml	salsa or guacamole

Equipment:

Garlic crusher
2 x knives
2 x chopping boards
Small mixing bowl
Wok/frying pan
Cheese grater

Method:

1. Prepare the marinade – squeeze the lime, peel and crush the garlic, de-seed and slice the chilli, chop the coriander. Stir everything together with the oil in a small bowl
2. Remove any skin from the chicken and cut into strips. Mix with the marinade
3. Prepare the remaining ingredients with a **fresh knife on a clean chopping board** slice the onion and green pepper, chop the tomato, grate the cheese.
4. Add the marinated chicken to the wok or saucepan and stir-fry for about 4 minutes. Check the chicken is cooked
5. Add the onion and green pepper and continue to cook for a further 2 minutes
6. Warm the wraps in the microwave for 30 seconds
7. Spread a little chicken in the centre of the tortilla
8. and some tomato, cheese and guacamole, then roll up