

## Year 7 Food Ingredients

Below are the list of ingredients for the practical lessons. If there are any ingredients you are unable to get please let your teacher know before the lesson.

### **Week beginning 11th September**

#### **Spinach, potato and chickpea curry**

- 1 large potato
- 1 onion
- 1 garlic clove
- 2 tbsp of curry paste
- 1 tin of chickpeas
- 1 tin of chopped tomatoes
- 3 handfuls of spinach

**Named, sealable plastic container to carry the spinach, potato and chickpea curry home in.**

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### **Week beginning 18th September**

#### **Vegetable Soup**

- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- 2 sticks of celery
- 1 vegetable stock cube

**Named, sealable plastic container to carry the soup home in.**

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### **Week beginning 25th September**

#### **Chilli**

- 120g of beef mince
- 1 small onion
- Garlic clove
- 1 tsp. chilli powder
- 1/2 tsp. cumin
- 1 tin of chopped tomatoes
- Pinch of paprika, salt and pepper

**Named, sealable plastic container to carry the chilli home in.**

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### **Week beginning 2nd October**

#### **Chicken Nuggets**

50g breadcrumbs  
1tsp mixed herbs  
Garlic clove  
1 tbsp plain flour  
1 egg  
1 chicken breast

**Named, sealable plastic container to carry the chicken nuggets home in.**

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### **Week beginning 9th October**

#### **Fajitas**

1/2 an onion  
1/2 a pepper  
1 chicken breast  
1tsp. of honey  
1 tbsp. of lime  
1 tsp. of chilli powder  
1/2 tsp. of paprika  
Pinch of cumin  
2 wraps

Named, sealable plastic container to carry the fajitas home in.

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### **Week beginning 30th October**

#### **Savoury Plait**

1 packet of puff pastry  
1 large potato or 2 smaller ones  
1 onion  
50g of cheese  
Small amount of milk for glazing

**Named, sealable plastic container to carry the savoury plait home in.**

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### **Week beginning 6th November**

#### **Shortbread**

100g plain flour  
70g butter  
30g sugar

**Named, sealable plastic container to carry the shortbread home in.**

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### **Week beginning 13th November**

## **Macaroni Cheese**

150g of pasta  
70g of cheddar cheese  
15g butter  
15g plain flour  
150ml milk

**Named, sealable plastic container to carry the macaroni cheese home in.**

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## **Week beginning 20th November**

### **Koftas**

1 onion  
1 garlic clove  
200g lamb mince  
1 tsp chilli powder  
1 tsp cumin  
1 tsp mixed herbs

**Named, sealable plastic container to carry the koftas home in.**

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## **Week beginning 27th November**

### **Fruit or Vegetable Muffins**

1 carrot or 1 apple or 1 pear  
125g plain flour  
1 tsp baking powder  
50g of sugar  
1tsp cinnamon  
1 egg  
120ml milk  
40ml oil  
8 muffin cases

**Named, sealable plastic container to carry the fruit/ vegetable muffins home in.**

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## **Week beginning 4th December**

### **Mini Quiches**

150g plain flour  
75g butter  
25g cheese  
½ onion  
25ml milk  
1 egg

**Named, sealable plastic container to carry the fruit/ vegetable muffins home in.**

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**Week Beginning 11th December**

**Mince Meat / Jam Celebration pastry**

1 x ready rolled puff pastry

150g Mincemeat or Jam

**Named, sealable plastic container to carry the pastry home in.**

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