

Year 7 Food Ingredients

Below is 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 22nd April

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.

Week beginning 29th April

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.

Week beginning 6th May

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.

Week beginning 13th May

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.

Week beginning 20th May

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.

Week beginning 3rd June

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.

Week beginning 10th June

Shortbread

100g plain flour
70g butter
30g sugar

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

Week beginning 17th June

Macaroni Cheese

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

Ovenproof dish to cook the Macaroni Cheese.

Week beginning 24th June

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.

Week beginning 1st July

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.

Week beginning 8th July

Mini Quiches

150g plain flour
75g butter
25g cheese
½ onion
25ml milk
1 egg
6 x Cupcake cases

Named, sealable plastic container to carry the mini quiches home in.
