

Year 9 - Cooking and Nutrition Shopping List

Ingredients that are underlined means that school can provide them. We also provide any necessary cooking oil, however, due to our healthy ethos we do not promote deep fat frying. Any donations of tin foil or Tupperware/ice-cream containers would be greatly appreciated.

1. 1. Burgers

250g minced beef* or alternative
1 small onion
1 garlic clove
1 tsp Worcestershire sauce
1 small egg
1 tbsp oil
2 Bread buns (wholemeal preferably)
Salad filling e.g. lettuce, fresh tomatoes
Salt and pepper

2. Fruit Tray Bake

100g white self-raising flour
100g caster sugar
1 teaspoons baking powder
2 large eggs
100g margarine (suitable for baking)
1 tablespoon of cocoa powder
 $\frac{1}{2}$ pear (or other fruit)
Bring a tin to cook in if you can

3. Risotto

75g long grain rice
1 medium onion
50g peas/sweetcorn
100g mushrooms
1 stock cube
1 tbsp Worcester sauce
250g chicken or 2-3 sausages* or alternative
1 tbsp oil

4. Chicken Chow Mein

2 chicken breasts* or alternative
1 clove garlic
1 medium carrot
1 red/green/ yellow pepper (choose)
1 onion
1 tablespoon soy sauce
1 teaspoon cornflour
1 chicken stock cube
100g dried egg noodles

5. Chicken Nuggets and Chips

2 large potatoes or sweet potatoes
2 skinless chicken breasts
150g dry breadcrumbs
115g/4oz butter
1 teaspoon salt
1 teaspoon dried thyme
Pinch of pepper
2 tablespoons Parmesan cheese

6. Roasted Stuffed Peppers

2 large peppers
2 spring onions or 1 onion
1 garlic clove
1 red chilli (optional)
1tsp dried mixed herbs
1 tablespoon tomato puree
100g long grain rice
1 chicken stock cube
Small can butter beans (optional)
Additional ingredients: (optional)
cheese/fresh
herbs/sweetcorn/courgette /tuna fish etc