

# The Marvell College



THE  
MARVELL  
COLLEGE

## Food Technology Recipes KS3

Year 8



# Funky Fruit Salad

## Ingredients

- 1 clementine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 banana
- 1 apple
- 2 x 15ml spoons orange juice



## Equipment

Knife, chopping board, bowl, measuring spoons, spoon

## Method

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Peel the banana and slice.
5. Quarter the apple, remove the core and slice.
6. Place all the fruit in a bowl.
7. Add the orange juice and mix together.

## Top tips:

- Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- Use other types of fruit juice instead of orange juice such as lemon, apple or pineapple juice.
- Cut the fruit into very small, even sized pieces to make a fruit cocktail.
- Wash the grapes and apple before using them.

**Storage:** This will be at its best for up to 2 days in the fridge in an airtight container

Skills Shown	
Bridge and claw	✓
Measuring liquid	✓
Peeling skills	✓
Combining ingredients	✓
Cut, chop, slice, dice and core	✓

**Complexity:** low

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

# Fruity Flapjacks

## Ingredients

75g dried apricots

150g oats

50g sugar

50g butter or soft spread

2 x 15ml spoons golden syrup



**Complexity:** low - medium

## Equipment

Chopping board, knife, weighing scales, measuring spoons, saucepan, wooden spoon, spatula, non-stick baking tin, palette knife

## Method

1. Preheat the oven to 180°C or gas mark 4.
2. Chop the apricots into small pieces
3. Place the fat, sugar and syrup into a saucepan and gently heat until the fat has melted.
4. Stir in the oats and apricots.
5. Pour the mixture into a non-stick (or lined) baking tray.
6. Pat down the mixture in the baking tin.
7. Bake for 15 - 20 minutes, until lightly browned.
8. Remove from the oven and cut into 'bars' in the baking tin while hot.

## Top tips

- Vary the type of dried fruit used, e.g. sultanas, figs, mixed fruit.
- Add 1 x 15ml spoon cinnamon, ginger or mixed spice to the oat mixture
- Go for grated fresh apple or carrot.
- The baking tin gets hot so remember to use oven gloves.

**Storage:** This will be at its best for up to 5 days in an airtight container.

Skills Shown	
Weighing and measuring	✓
Measuring liquid	✓
Melting method	✓
Combining ingredients	✓
Oven skills	✓

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

# Apple and Sultana Crumble

## Ingredients

- 100g plain flour
- 50g butter or baking fat/block
- 50g oats
- 25g sugar
- 2 eating apples
- 50g sultanas



**NOTE:** Students will need a small oven proof dish or a aluminium take away tray.

## Equipment

Weighing scales, mixing bowl, wooden spoon, chopping board, knife, ovenproof dish or foil tray, baking tray.

## Method

1. Preheat oven to 190°C or gas mark 5.
2. Rub the fat into the flour until it resembles breadcrumbs.
3. Stir in the oats and sugar.
4. Cut the apples into quarters and remove the core. Slice thinly.
5. Arrange the apple slices in an oven proof/foil tray dish on a baking tray, and then add the sultanas.
6. Sprinkle the crumble topping over the apple slices.
7. Bake for 25 - 30 minutes, until the apples are soft and the crumble is golden.

## Top tips

- Add a little water to the apples.
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines, plums or pears.
- You may wish to use canned apple or another type of canned or dried fruit.
- Try using whole meal flour for the crumble topping or use muesli instead of oats.

**Storage/reheating:** This will be at its best for up to 3 days in an airtight container. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

Skills Shown	
Weighing and measuring	✓
Core	✓
Boil and simmering	✓
Stewing fruit	✓
Oven skills	✓
Rubbing in method	✓

**Complexity:** low -medium

# Cheesy Scones

## Ingredients

250g self-raising flour

1 x 5ml spoon mustard powder

40g butter or baking fat/block

75g hard cheese

125ml semi-skimmed milk



**Complexity:** medium

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Grating	✓
Rolling out	✓
Forming and shaping	✓
Oven skills	✓
Rubbing in method	✓

## Equipment

Non-stick baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.

## Method

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line the baking tray.
3. Sift the flour and mustard into the bowl.
4. Rub the fat into the flour until it resembles breadcrumbs.
5. Grate the cheese. Stir in the cheese.
6. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
7. Mix to form a soft dough.
8. Place the dough on a lightly floured work surface. Roll out the dough to about 1½cm thick.
9. Shape the scones using a cutter.
10. Place the scones on a baking tray and brush each top with a little milk.
11. Bake for 12 - 15 minutes, until golden brown.
12. Allow to cool on a cooling rack.

## Top tips

- To make fruit scones, add 25g sugar and 75g currants or sultanas before the milk and leave out the cheese.
- Traditionally, fluted scone cutters are used for sweet scones and plain cutters for savoury scones.
- You could experiment with different flavourings by adding herbs or spices.

**Storage:** This will be at its best for up to 4 days in an airtight container. These scones can be served cold or warmed up within a microwave for up to 30 seconds.

# Jam Tarts

## Ingredients

250g Plain Flour

125g Butter

1 medium egg

100g jam, fruit curd or marmalade of your choice



**Complexity:** medium

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing	✓
Measuring	✓
Rolling out	✓
Forming and shaping	✓
Oven skills	✓
Rubbing in method	✓

## Equipment

Muffin tin, Bowl, Flour dredger, rolling pin, measuring spoons, fluted cutter

## Method

1. Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin.
2. Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips (or you can pulse these ingredients together in a food processor if you have one). When the mixture looks and feels like fresh breadcrumbs, stir in the with a cutlery knife.
3. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands - try not to knead it too much. Add 1 more tbsp of water if it is not coming together, but try not to add more than that. If you have time, wrap in cling film and chill in the fridge for 15 minutes
4. Dust your work surface with flour using a flour dredger. Unwrap and roll out the chilled pastry so it is about the thickness of a £1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each.
5. Bake for 15-18 minutes or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few minutes then carefully transfer to a wire rack to cool completely.

## Top Tips:

- *To save time, you can use ready-made shortcrust pastry for this recipe. Buy a block rather than ready-rolled as it is easier to roll it to the thickness you require.*
- *Use less jam/fruit curd than you think as it may bubble over.*

**Storage:** This will be at its best for up to 5 days in an airtight container. These tarts can be served cold or warmed up within a microwave for up to 30 seconds.

# Marvellous Mac 'n' Cheese

## Ingredients

- 100g macaroni
- 100g Cheddar cheese
- 1 tomato
- 25g butter or soft spread
- 25g plain flour
- 250ml semi-skimmed milk
- Black pepper



**Complexity:** medium

**NOTE:** Students will need a small oven proof dish or a aluminium take away tray.

Skills Shown	
Weighing and measuring	✓
Grating	✓
Draining liquid	✓
Whisking	✓
Oven skills	✓
Decorate and Garnish	✓

## Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).

## Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 - 12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce:
4. place the fat, flour and milk into a small saucepan;
5. bring the sauce to a simmer, whisking all the time until it has thickened;
6. Stir in 75g of the grated cheese.
7. Preheat the grill.
8. Drain the boiling hot water away from the macaroni into a colander in the sink.
9. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
10. Pour the macaroni into an ovenproof dish (or foil tray).
11. Arrange the tomato slices over the macaroni.
12. Place under a hot grill until the cheese is bubbling and golden brown.

## Top tips

- Try using a reduced fat Cheddar cheese to lower the fat content or use wholemeal pasta to increase the fibre.

**Storage/Reheating:** This will be at its best for 3-5 days in an airtight container. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

# Spicy Bean Burger

## Ingredients

- 1 slice of bread
- 1/2 onion
- 1 medium green chilli
- 1 x 400g can red kidney beans
- 1 x 5ml spoon ground chilli powder
- 1 x 5ml spoon dried mixed herbs



**Complexity:** medium

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Portioning	✓
Food processing	✓
Forming and shaping	✓
Grilling skills	✓
Decorate and Garnish	✓

## Equipment

Food processor, mixing bowl, chopping board, knife, can opener, measuring spoons, spatula, flour dredger, fish slice.

## Method

1. Preheat the grill. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into the mixing bowl.
2. Cut away the top of the chilli, and then de-seed.
3. Peel the onion.
4. Drain the red kidney beans. Place the red kidney beans, onion, chilli, chilli powder and dried herbs into the food processor. Blitz together to form a thick paste-like mixture.
5. Place the bean mixture into the mixing bowl with the breadcrumbs. Mix everything together thoroughly using the spatula.
6. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
7. Grill the patties for 8 minutes, turning over after 4 minutes.  
Serve in a pitta with salad.

## Top tips

- Try different types of beans or pulses.
- Use other herbs, spices and/or lemon instead of chilli.
- Eat with a range of different breads and fillings e.g. tomato salsa or tzatziki.
- Add vegetables to the mix e.g. sweetcorn, green pepper or grated carrot.
- The grill gets hot so remember to wear oven gloves.

**Storage/Reheating:** This will be at its best for 3-5 days in an airtight container. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

- DO NOT REHEAT MORE THAN ONCE!



# Chilli Con Carne

## Ingredients

- 1 onion
- 1 clove garlic
- 1 green pepper
- 250g minced beef
- 2 x 5ml spoon flour
- 1 x beef stock cube
- 250ml water
- 1 x 400g can red kidney beans
- 1 x 15ml spoon tomato puree
- 1 x 5ml spoon chilli powder



**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Peel	✓
chop	✓
crush	✓
fry	✓
Drain	✓
Boiling	✓

**Complexity:** medium

## Equipment

Vegetable knife, chopping board, garlic crusher, measuring spoons, saucepan, mixing spoon, measuring jug, kettle, can opener, colander.

## Method

1. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;
  - Deseed and chop the pepper.
2. Dry fry the onion, garlic and minced beef until the mince has browned.
3. Stir in the flour.
4. Make up the stock.
5. Pour in the stock.
6. Drain the red kidney beans and add to the meat.
7. Stir in the tomato purée and chilli powder.
8. Bring to the boil, then reduce the heat and simmer for 20 minutes.
9. Add the green pepper and allow to cook for a further 15 minutes.

## Top tips

- *Serve with rice, a jacket potato or a taco shell.*
- *A fresh cool side salad would offer relief from the hot chilli.*
- *Add extra chilli powder, cayenne pepper or Worcestershire sauce for an extra kick.*
- *Double or triple the ingredients and freeze a batch to save on time, energy and money.*

**Storage/Reheating:** This will be at its best for 3-5 days in an airtight container. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

- **DO NOT REHEAT MORE THAN ONCE!**

# Banana and Oatie Bites

## Ingredients

100g soft margarine  
100g caster sugar  
1 banana, mashed  
1 egg  
100g self - raising flour  
100g rolled oats



**Complexity:** low -medium

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Peel	✓
chop	✓
mash	✓
Bake	✓
Oven Skills	✓
Shaping and forming	✓

## Equipment

Mixing bowl, Plastic spoon, Baking tray, Measuring jug, Fork, Cooling rack

## Method

1. Wash hands, put on apron and collect equipment.
2. Turn oven on at 190c.
3. Cream margarine and sugar until fluffy.
4. Gradually beat in the eggs.
5. Fold in the flour and oats.
6. Stir in the mashed banana.
7. Place large teaspoons of mixture on a greased baking tray (about 10 )
8. Cook for 15 minutes until golden, place on cooling tray.

## Top tips

- Try adding other dried fruit or nuts to alter the taste and texture of the oatie bite.
- Try adding nut butters for a gooey centre
- They can be placed in bun cases to allow for easier transportation

**Storage:** This will be at its best for up to 5 days in an airtight container. These can be served warm so they are gooey to eat.

# Seasonal Summer Fruit Cheesecake

## Ingredients

200g digestive biscuits  
75g unsalted butter  
384ml carton double cream, at room temperature  
300g mascarpone, at room temperature  
200g icing sugar, sifted  
1 tsp vanilla extract  
Strawberries (for coulis sauce and decoration)



**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Sieving	✓
Mixing	✓
Whisking	✓
Chilling	✓
Crushing	✓

**Complexity:** medium

## Equipment

Two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, whisk, ovenproof dish (or foil tray).

## Method

1. Place the digestive biscuits into a sealable freezer bag. Push all the air out and seal the bag. Crush the biscuits with a rolling pin, being careful not to break any holes in the bag.
2. Melt the butter in a large saucepan. Tip the biscuit crumbs into the butter and mix well until thoroughly combined. Press the buttery crumbs into the bottom of a 23cm/9in spring form or loose-bottomed tin. Chill in the refrigerator while you make the topping.
3. Combine the cream and mascarpone in a large mixing bowl. Using an electric handheld mixer, blend together until light and fluffy. Add the icing sugar a little at a time and blend to incorporate. Finally, mix in the vanilla. The mixture should be very light and fluffy.
4. Place the strawberries in a saucepan with two tablespoons of water and three tablespoons of sugar on a low heat. Simmer until soft and its start break down into a glossy thick liquid. Remove from the heat and sieve the seeds out.
5. Pour the coulis on top of the cheesecake. Place a full strawberry within the middle of the cheesecake for decoration.

## Top tips

- Try setting the biscuits for up to four hours or overnight to avoid the biscuits crumbling into your cream cheese mixture.
- Use other fruits such as raspberries, blackberry, gooseberry or summer fruit collection for your topping.

**Storage:** This will be at its best for 3-5 days in an airtight container in the fridge.

# Pesto Pizza



## Ingredients

75g strong white flour  
25g strong wholemeal flour  
 $\frac{1}{2}$  x 5ml spoon salt  
 $\frac{1}{2}$  sachet quick acting yeast (4g)  
1 x 10ml spoon sunflower oil  
3 x 15ml spoon warm water  
2 x 15ml spoon pesto (level) 25g sundried  
tomatoes  
5 black olives  
30g feta cheese  
Handful of  
basil leaves

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Sieving	✓
kneading	✓
Proving	✓
Oven skills	✓
Decorate and Garnish	✓

**Complexity:** medium

## Equipment

Baking tray, pastry brush, weighing scales, sieve, mixing bowl, palette knife, measuring spoons, measuring jug, flour dredger, rolling pin, chopping board, sharp knife, and cooling rack.

## Method

1. Preheat the oven to 200°C or gas mark 6. Grease or line the baking tray.
2. Sift the flour and salt into the mixing bowl.
3. Stir in the yeast and make a well in the middle.
4. Add the oil and enough warm water to mix into a soft dough with your hands.
5. Turn the dough out onto a lightly floured surface and knead for 5-10 minutes.
6. Place the dough in the bowl, cover with cling film and allow to prove in a warm place for 15 minutes.
7. Roll out and shape the dough into a rectangle. Place the dough onto the baking tray.
8. Spread the pesto on the base almost to the edge of the pizza with a palette knife.
9. Thinly slice the sun dried tomatoes and olives.
10. Arrange the tomato and olives on top of the pizza.
11. Crumble the feta cheese on top.
12. Bake for 10-15 minutes.
13. Remove from the oven and place the pizza on a cooling rack. Roughly tear the basil leaves and sprinkle over the pizza.

## Top tips

- Use different types of flour for the base such as wholemeal or maize.
- Vary the toppings on the pizza.
- Serve with a salad.

**Storage/Reheating:** This will be at its best for 3-4 days in an airtight container in the fridge. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

# Onion Bhajis

## Ingredients

- 3 Red Onion
- 1 Sweet Potato
- 2 Eggs
- 1 tsp Ground Cumin
- 1 tsp Ground Coriander
- 1 tsp Garam Masala
- A sprinkle of Salt & Pepper
- Low Calorie Cooking Spray



**Complexity:** low -medium

Skills Shown	
Measuring	✓
Grating	✓
Form and shape	✓
Grilling	✓

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

## Equipment

Mandolin, grater, chopping board, knife, spatula, muffin tray, grater,

## Method

1. Preheat the oven to 180°C. Peel and cut the red onions into thin half-moons, you can use a mandolin for this. Peel and cut the sweet potato into manageable chunks, and grate using a mandolin or a normal cheese grater. Be sure to follow product safety instructions carefully if using a mandolin, to avoid injury.
2. Put the onions and sweet potato into a large bowl, then add the two beaten eggs, salt and pepper and the spices
3. Mix the mixture thoroughly
4. Spray a 12-hole muffin tray with a decent amount of Low Calorie Cooking Spray, and then divide the mixture equally between all 12 moulds. Press them down firmly and spray the top with more Low Calorie Cooking Spray
5. Place in the oven for 20-30 minutes, depending on how big you have made the Bhajis. About half way through, turn them over using a spatula and spray again with Low Calorie Cooking Spray. If you want them to be crispier, grill them for a few minutes once they're cooked
6. Serve and enjoy however you would like them. Lovely with a bit of fresh coriander, salt and pepper

## Top tips

- Use a mixture of white and red onion to give a variety of colour to the Bhajis.
- Add chillis or chilli powder for a spicy kick.

**Storage/Reheating:** This will be at its best for 3 days in an airtight container in the fridge. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

# Quick Bread Buns

## Ingredients

250g strong white, brown or wholemeal flour

1 x level 5ml spoon salt

1 sachet of quick acting dried yeast

150ml warm water

1 x 15ml spoon oil

1 x 5ml spoon sugar

Egg, milk, poppy seeds, pumpkin seeds for topping/ glazing



**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub or a plastic food bag.

Skills Shown	
Measuring	✓
Weighing	✓
Mixing	✓
Proving	✓
Kneading	✓
Form and shape	✓
Glazing	✓

**Complexity:** medium

## Equipment

Weighing scales, sieve, mixing bowl, measuring spoons, measuring jug, mixing spoon, greaseproof paper, Victoria sandwich tin or round tin foil dish

## Method

1. Collect ingredients and equipment. Weigh out ingredients.
2. Sift flour and salt into bowl. Add the sugar.
3. Add yeast and stir.
4. Add oil to warm liquid (150ml) and add enough to flour mixture to make a soft dough. Mix with a spoon at first and then use one hand to bring together as a dough. Use the other hand to hold onto the bowl.
5. Knead the dough firmly for ten minutes.
6. Cut the dough into eight equal pieces. Shape each into a bread bun and arrange in the lightly greased tin.
7. Glaze with beaten egg or milk, sprinkle with poppy seeds or similar and place in a **cold oven** and then turn up to the highest temperature immediately.
8. Remove from oven after approximately 15 - 20 minutes and cool on a cooling rack.
9. Test for readiness by tapping the bottom. It should sound hollow.
10. Allow to cool out of tins.

## Top tips

- Add chopped nuts, seeds, diced fresh fruit, vegetables, or chopped dried fruit before you add the liquid. Mix thoroughly to distribute the ingredients throughout the dough.
- Form the dough into a variety of shapes such as knots, small cottage loaves, sticks, twists or plaits.
- Use egg yolk, egg white or a mixture of both for different glaze finishes.

**Storage:** This will be at its best for 3-4 days in an airtight container.

# Carrot Cupcakes

## Ingredients

- 150g butter or soft baking spread
- 250g carrots
- 200g sugar
- 200g flour
- 2 x 5ml cinnamon
- 2 x 5ml baking powder
- 2 large eggs
- 125g sultanas
- 50g nuts (optional)



**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Measuring	✓
Weighing	✓
Mixing	✓
Peeling	✓
Grating	✓
Sifting	✓
Beating	✓

**Complexity:** medium

## Equipment

Chopping board, knife, vegetable peeler, grater, measuring spoons, weighing scales, small bowl, mixing bowl, wooden spoon, sieve, muffin tray, 12 muffin cases, 2 large spoons, fork.

## Method

1. Preheat oven to 200°C or gas mark 6.
2. Place the muffin cases in the muffin tin.
3. Melt the fat in the microwave or in a small saucepan.
4. Top and tail, and then peel and grate the carrots.
5. Combine the carrots, sugar and melted fat in the mixing bowl.
6. Sift in the flour, cinnamon and baking powder.
7. Beat the eggs in a small bowl, and then add to the mixture.
8. Mix in the sultanas and nuts.
9. Mix all the ingredients together to form a smooth batter.
10. Divide the mixture equally between the muffin cases using 2 spoons.
11. Bake for 20 minutes, until golden.
12. Allow to cool on a cooling rack.

## Top tips

- *When the mini-carrot cakes are cool, you may wish to make a cream cheese topping. Combine 50g reduced fat cream cheese and 25g icing sugar together.*

**Storage:** This will be at its best for 3-4 days in an airtight container.

# Parmesan Chicken Nuggets

## Ingredients

- 50g breadcrumbs
- 1x5ml spoon mixed herbs
- 1x15ml spoon parmesan
- 2 chicken breasts or 200g thighs (or myco-protein pieces)
- 1x15ml spoon plain flour
- 1 egg



**Complexity:** low -medium

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
measuring	✓
weighing	✓
Mixing	✓
Beating	✓
Cutting/slicing	✓
Coating	✓
Fry	✓
Enrobing	✓

Grater, chopping board, two small bowls, fork, small plate, sharp knife, red chopping board, baking tray.

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grate the cheese and place in a small bowl.
3. Add the breadcrumbs, and herbs and mix.
4. Pour the flour onto a small plate.
5. Beat the egg in a small bowl.
6. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks) using a clean chopping board. Ideally a red one.
7. Dust the chicken in the flour.
8. Dip in the beaten egg.
9. Roll in the breadcrumb mixture.
10. Place on the baking tray.
11. Repeat steps 7-10 for all the chicken pieces. Thoroughly wash and dry your hands.
12. Bake in the oven for 20 minutes, until golden brown.

## Top tips

- Add garlic, chilli, fresh herbs or spices to the breadcrumbs.
- Change the chicken for pieces of fish, such as cod and haddock.
- Make your own breadcrumbs - either whiz bread in a blender or use a grater. Try different types of bread for variety.

**Storage/Reheating:** This will be at its best for 3 days in an airtight container in the fridge. Reheat until the centre is piping hot and warmed all the way through (75 degrees)



# Sweet potato, Chickpea and Spinach Curry

## Ingredients

- 1 onion
- 1 clove garlic
- 1 x 5ml spoon oil
- 2 x 15ml spoons curry paste
- 300ml water
- 1 large potato
- 400g can chopped tomatoes
- 410g chickpeas, canned
- 3 handfuls of fresh spinach



**Complexity:** medium

**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
measuring	✓
peeling	✓
Slice	✓
Crush	✓
Dice	✓
Drain	✓
Fry	✓

## Equipment

Knife, chopping board, garlic press, frying pan, measuring spoons, measuring jug, wooden spoon, can opener.

## Method

1. Prepare the ingredients:
  - peel and slice the onion;
  - peel and crush the garlic;
  - peel and cube the potatoes.
  - drain the chickpeas
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potatoes and water.
4. Add the tomatoes and chickpeas, and then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

## Top tips

- *Serve with boiled rice, naan bread and a side salad.*
- *Replace the tomatoes with thinly sliced courgettes, peppers or okra.*
- *Batch cook - freeze portions for a rainy (busy) day.*

**Storage/Reheating:** This will be at its best for 3 days in an airtight container in the fridge. Reheat until the centre is piping hot and warmed all the way through (75 degrees)

# Sizzling Stir Fry

## Ingredients

- 100g noodles
- 1 x chicken breast (or 3-4 thighs)
- $\frac{1}{2}$  red chilli
- 1 clove garlic
- 1cm fresh ginger
- $\frac{1}{2}$  red onion
- 1 bok choy
- 1/2 yellow pepper
- 3 mushrooms
- 1x10ml spoon oil
- 1x10ml spoon soy sauce (reduced salt)



**NOTE:** Students will need an air tight storage container to take this home e.g. A lunchbox or take away tub.

Skills Shown	
Weighing and measuring	✓
Crushing	✓
Slice and shred	✓
Stir fry	✓
Boil and simmer	✓
Drain	✓

**Complexity:** medium - high

## Equipment

Chopping boards, knives, garlic press, grater, wok or frying pan, wooden spoon, saucepan, colander, measuring spoon, serving dish, weighing scales.

## Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut into strips, ideally on a red board. Thoroughly wash and dry hands after touching raw chicken. Place in the fridge, covered, until needed.
3. Prepare the vegetables with a fresh knife on a clean chopping board:
  - peel and crush the garlic;
  - de-seed and slice the chilli;
  - peel and slice the ginger;
  - slice the onion, pepper and mushrooms;
  - shred the Bok choy.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until hot.

## Top tips

- Use noodles that have already been cooked.
- Vary the vegetables - leeks, courgettes and carrots all work well.
- Go for tofu instead of chicken for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.
- Mix in ready cooked noodles or rice for a quick main meal.

**Storage/Reheating:** This will be at its best for 3 days in an airtight container in the fridge. Reheat until the centre is piping hot and warmed all the way through (75 degrees)