

Year 7



Pizza Toast Practical 1

Ingredients

1/2 yellow pepper
1 spring onion
1 mushroom
30g cheese
2 slices bread
2 x 15ml spoons tomato pizza
sauce
1/2 x 5ml spoon mixed herbs
Plastic container



Savoury Rice Practical 2

Ingredients

1 onion
2 medium mushrooms
1 pepper
1 stock cube
100 grams rice
50 grams peas
Container



Paste Bake Practical 3

Ingredients

50g rigatoni

20g cheese

12g soft margarine

12g plain flour

**125 ml semi-skimmed
milk**

**1 x 5ml spoon dried
oregano**

Oven proof dish



Chicken Nuggets Practical 4

Ingredients

1 chicken breast

150 grams of bread crumbs

1 egg

2 table spoons of plain flour

Bag to shake in x 2

Plastic container



Apple and Sultana Crumble

Practical 5

3 large cooking apples
3 tbsp caster sugar
3 tbsp water
125g plain white flour
75g butter
25g demerara sugar
50g porridge oats
50g sultanas
Oven proof dish



Mini Carrot Cakes Practical 1

Ingredients

120ml Vegetable oil
250g grated carrots (grate at home)
200g sugar
200g flour
2 x 5ml cinnamon
2 x 5ml baking powder
2 large eggs
125g sultanas
12 muffin cases
Container



Bread Rolls Practical 2

Ingredients:

250grams strong flour

1x5ml spoon salt

7g pack fast action dried yeast

1x5ml spoon sugar

Large container



Omelette Practical 3

Ingredients

3 medium eggs

50ml milk

1 medium tomato

3 small mushrooms

25g cheese

1 x 15ml spoon oil

Black pepper

1 x 15ml spoon basil leaves



Container

Spicy Bean Burgers Practical 4

Ingredients

1 slice of bread (Crumbs)
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
Container



Chicken Chow Mein Practical 5

200g/7oz dried egg [noodles](#) 1 large [carrot](#)
2 [spring onions](#)
50g/1¾oz [green beans](#), peas or mangetout
(fresh or frozen)
handful [beansprouts](#), cabbage leaves, sliced
pepper, broccoli florets or mushrooms
(optional)
2 tsp vegetable or [sunflower oil](#)
1 [garlic](#) clove,
Handful shredded cooked Chicken

For the chow mein sauce

1 tbsp [soy sauce](#) (low-salt version if possible)
2 tsp [honey](#)
1 tsp tomato [ketchup](#)
half a lemon, juice only
Container to take home in

