

KS3: Y7 Food unit 1 recipe sheet - Let's get cooking

<p>1. Fruit Fusion: You will need</p> <ul style="list-style-type: none"> • A small tin of fruit in natural juices or 250mls of fruit juice • 4-5 different fruits e.g. an apple, a pear, a kiwi fruit, small handful of grapes, a banana, blueberries etc. • Container with a lid to take your work home in 	<p>4. Picnic bar: You will need</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed • 150g margarine • 75g black treacle • 225g of porridge oats • 50g demerara sugar • 1 x 5ml spoon cinnamon • 100g pumpkin seeds and sunflower seeds • 16 x Bun cases • Container with a lid to take your work home in
<ul style="list-style-type: none"> • Pizza Snack: You will need • 1 panini roll • 3 tablespoons tomato puree or pasta sauce • 100g of cheese • 2-3 toppings e.g. small tin of tuna, $\frac{1}{2}$ small onion, 2 slices of ham, $\frac{1}{2}$ a pepper, 1 tomato, 6 slices of pepperoni, 1 slice of pineapple • $\frac{1}{2}$ teaspoon of mixed herbs • Container with a lid to take your work home in 	<p>5. Pasta salad: you will need</p> <ul style="list-style-type: none"> • 100g pasta • Choose 4 of the following: lettuce, cucumber, carrot, tomato, pepper, red onion, sweet corn, spring onions, grapes, apple • (Optional) choose one of the following: 100g of cooked ham, chicken, chorizo, bacon, sausage, tuna, salmon. • Container with a lid to take your work home in
<p>2. Rainbow bean salad: You will need</p> <ul style="list-style-type: none"> • 200g Couscous • 2 tomatoes • 1 vegetable stock cube • $\frac{1}{2}$ A red pepper • $\frac{1}{2}$ green pepper • $\frac{1}{4}$ orange • 4 spring onions • 200g canned sweet corn or kidney beans • Container with a lid to take your work home in 	<p>6. Sweet muffins: You will need</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed and chopped • 250g of self-raising flour • 1 x tsp bicarbonate of soda • 85mls of oil • 200ml semi-skimmed milk • 2 eggs • 100g caster sugar • 150g fruit, eg. Strawberries, blueberries, frozen berries, canned pineapple • 12 muffin cases • Container with a lid to take your work home in
<p>7. Mighty muffins: You will need</p> <ul style="list-style-type: none"> • Please bring all ingredients in pre-weighed and chopped • 250g of self-raising flour • 1 x tsp bicarbonate of soda • 85ml of oil • 200ml semi-skimmed milk • 2 eggs • 1-2 slices of ham • 3 spring onions • 100g cheddar cheese • 12 muffin cases • Container with a lid to take your work home in 	

