

Year 7 Recipes



Coleslaw

¼ hard white cabbage
2 carrot
1 onion
4 tablespoons mayonnaise
Container with a tight fitting lid

Fruit Salad

4 pieces of colourful fruit
*grapes optional
Small carton of orange juice
Container with a tight fitting lid

Fruity Flapjack

150g porridge oats
50g butter or margarine
50g sugar
75g dried fruit
2 tablespoons golden syrup
Metal tin to bake it in

Chicken Nuggets

2 chicken breasts
2 eggs
4 slices wholemeal bread
Container with a lid

Pasta Salad

100g pasta shapes
1 little gem lettuce
3 salad vegetables
Cooked meat, fish or cheese
Dressing of your choice
Container with a tight fitting lid

Honey Barbeque Chicken

2 chicken breast
1 onion
1 tin chopped tomatoes
2 tablespoons honey
3 tablespoons Worcestershire Sauce
2 cloves garlic
50g butter/margarine
Container with a tight fitting lid

If you have a problem getting ingredients for the lesson please let your food teacher know at least 24 hours in advance, to allow us to provide the ingredients. A NU-HOPE will be given if ingredients are not brought in without a valid reason and note in the student's planners.