



<p><b><u>Practical 1: Bread</u></b></p> <p>Bring in 50p</p>	<p><b><u>Practical 6: Sausage Casserole</u></b></p> <p>4 sausages          ½ onion          75g mushrooms          1 can chopped tomatoes (400g)          2tsp tomato puree          1tsp mixed herbs          Small can baked beans</p>
<p><b><u>Practical 2: Chilli</u></b></p> <p>200g minced beef          1 onion          1 clove garlic          1 215g tin kidney beans          2 tbsp cooking oil          1 bell pepper          1 beef stock cube          400g tin tomatoes          1 tbsp tomato puree          1-2 heaped tsp Chilli powder</p>	<p><b><u>Practical 7: Chicken Nuggets**</u></b></p> <p>1 Chicken breast (Or Halloumi or fish)          2 slices of bread or 200g panko          breadcrumbs          1 egg          1 tsp flavour (herbs/spices)          Pinch salt</p>
<p><b><u>Practical 3: Tray Bake**</u></b></p> <p>3 Eggs          150g SR flour          150g soft margarine          100g sugar          2 bananas          100 –150g additional ingredients e.g.          Fruit          1/2tsp spice (optional)</p>	<p><b><u>Prac 8: Chickpea and sweet potato curry**</u></b></p> <p>1 onion          1 clove garlic          1 large potato          1 tbsp. tomato puree          1tsp curry powder (School will provide this)          1 can chopped tomatoes (400g)          1 can chickpeas (410g), drained          Optional: 3 handfuls of fresh spinach</p>
<p><b><u>Practical 4: Roasted Vegetable Cous Cous</u></b></p> <p>50g cous cous          1 stock cube          ½ red pepper          ½ yellow pepper          ½ red onion          Optional: 50g feta          cheese/apricots/olives</p>	<p><b><u>Practical 9: Vegetable Cakes</u></b></p> <p>50g caster or soft brown sugar          50g self-raising flour          50ml sunflower oil          1 egg          1 small carrot or apple          35g raisins or sultanas (optional)          ½ tsp cinnamon          6 muffin cases</p>
<p><b><u>Practical 5: Smoothie</u></b></p> <p>Up to 5 fruits          300ml fruit juice or milk          Optional: 200g yogurt</p>	

**Things to remember:**

\*\*These lessons are assessed practical's

Please bring in a suitable container that won't spill in your bag

Put all ingredients in the fridge first thing in the morning

On Friday at 3pm all food left in the fridges will be thrown away and containers will be washed

If you have any issues with bringing your ingredients, please speak to your food teacher a few days before your lesson

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