



Work for year 7, 8 and 9. Please cook these four dishes for your family. Take photos and email to me please – hmckiernan@holytrcbham.sch.uk.

Name of Recipe: Vegetable Pasta bake

Starter
Main
Dessert

Author: Miss H McKiernan



Recipe with Quantities
250g Pasta
1 tin of tomatoes
1 onion
1 courgette
1 red pepper
1 yellow pepper
2 cloves of garlic
½ teaspoon mixed herbs
150g cheese
1 packet of ready salted crisps
1 tablespoon oil or 5 sprays of spray oil

Method – Step by Step

1. Fill a pan with water and bring to the boil. Add the pasta and cook for 15 minutes or as directed on the packet.
2. Chop onion, garlic and peppers into small pieces. Slice your courgettes into thin rings about 1 cm wide.
3. Place the oil into a pan. Add a tablespoon of onions into the oil at the beginning. Turn on the heat. Once the oil has heated and is sizzling add the rest of the vegetables and cook for 5 minutes on a low heat.
4. Add the tomatoes and herbs and cook for 5 minutes. (you may need to add a little cold water if the sauce is a little thick).
5. Drain the pasta in a colander and stir into the tomato and vegetable sauce. Remove from heat and add to an oven proof dish.
6. Grate the cheese and crush the crisps. Mix together.
7. Sprinkle on top of the pasta and sauce.
8. Place under a preheated grill for 5 minutes until the cheese melts and turns golden brown. Serve immediately.
9. Add more protein in the form of tinned tuna or cooked chicken if desired. Add any other vegetables you like such as sweetcorn, mushrooms, broccoli.



Name of Recipe: Chicken Stir Fry

Starter
Main
Dessert

Author: Shahzeib Khalid Year Year 9



Recipe with Quantities

1 chicken breast
1 red pepper
1 green pepper
1 packet of sweet chilli stir fry sauce
1 packet of plain noodles [not instant noodles]
1 onion
Sweet corn [optional]

Method – Step by Step

- 1. Wash yours hands.**
- 2. Cut the onion and the peppers into thin strips.**
- 3. Cut the chicken breast on a different surface.**
- 4. Put the noodles in hot water.**
- 5. Turn the gas on and heat the wok up with oil in it.**
- 6. Put the onions in and wait for them to start sizzling.**
- 7. Put your chicken in and wait for 3-4 minutes to add the peppers and sweet corn if you have some.**
- 8. Stir it a lot for about 5 more minutes .**
- 9. Put the packet of sauce in and cover all the veggies and chicken with it.**
- 10. Add the noodles and stir for 1 minute.**
- 11. Enjoy!**



Name of Recipe: Chocolate sponge cakes

Starter
Main
Dessert

Author: Miss H McKiernan



Recipe with Quantities

100g SR Flour

50g Cocoa powder (not drinking chocolate)

150 g sugar

150g soft tub margarine

3 eggs

150g cooking chocolate

12 muffin cases

Sprinkles

Any other items to decorate with. I used small Easter eggs from Hotel Chocolat but any decorations work.

Method – Step by Step

1. Preheat the oven to 180 degrees or Gas mark 4.
2. Put over muffin cases into a muffin tray. This recipe makes 12.
3. Weigh out all your ingredients.
4. Cream the margarine and sugar together with a wooden spoon until you can't see the sugar granules.
5. Add the eggs one at a time, stirring with the wooden spoon.
6. Sieve the flour and cocoa into the mixture and fold with a metal spoon. (folding – figure of eight up and over movement).
7. Divide the mixture into the muffin cases and bake in the oven.
8. After 15 minutes check they are done by placing a clean knife in the middle of one cake. If the knife comes out clean the cake is done. If not place back into the oven for another few minutes.
9. Once removed from the oven place each cake onto a cooling wire or a grill wire and leave to cool.
10. To decorate place an inch of cold water into a pan and place a heatproof bowl on top. Care must be taken to ensure that the water does not touch the bowl. Place the cooking chocolate into the bowl and allow to melt. Once melted remove from heat and spoon over the cakes and decorate as desired. Leave to set. EAT and ENJOY!!!!!!



Name of Recipe: Strawberry Flapjacks

Dessert

Author: Ria Robinson Year 10



Recipe with Quantities

100g Butter
100g Light brown sugar
150g Porridge Oats
150g Frozen or Fresh Strawberries
2 tbsp Golden syrup
50g plain flour

Method – Step by Step

- 1) Preheat the oven to 180C (fan 160C, gas mark 4)
- 2) Measure out all of your ingredients.
- 3) Melt the butter in the microwave for 30 seconds on full power or until melted, then add to the brown sugar in the mixing bowl and mix well.
- 4) Then add the porridge oats and flour to the mixture and mix until combined, then add the golden syrup to the mixture and mix.
- 5) Then chop your strawberries into cubes and add to the mix and combine.
- 6) Then get a round baking dish and lightly greased the dish with butter and spoon the mix into the dish and press down to cover the bottom of the dish. Then bake for 20-25 minutes or until golden brown.
- 7) Leave to go cold in the baking dish then cut into wedges and Enjoy!!!!!!