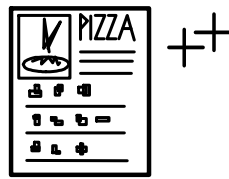
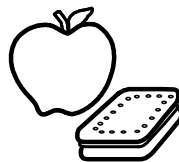


Autumn Term 2015



Recipes

for



Healthy

Snack

Foods



Vegetables and Pesto Dip



1. Get out - chopping board, knife, bowl, spoon



2



100



2. Get ingredients - 2 tablespoons of pesto, 100g Greek



$\frac{1}{2}$



$\frac{1}{2}$



yoghurt, half a red, green and yellow pepper, half a yellow



2



$\frac{1}{2}$



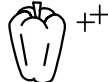
5



pepper, 2 celery sticks, half a cucumber and 5 radishes



3. Mix the pesto and yoghurt together in the bowl



4. Slice the peppers into sticks



5. Cut the celery into sticks



6. Cut the cucumber into sticks



7. Cut the stalk from the radishes and cut in half



8. Arrange vegetables and wash up and clean the kitchen



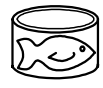
Tuna Melts



1. Get out - chopping board, knife, bowl, fork, spoon



$\frac{1}{2}$



2. Get ingredients - Piece of french bread, $\frac{1}{2}$ can of tuna,



1



25g of cheese, 1 tomato or cornichons, 1 spoon of mayonnaise



3. Chop the tomato or cornichons into small pieces



4. Put the tuna, tomato or cornichons and mayonnaise into the



bowl and mix



5. Spread onto the french bread



6. Grate the cheese and sprinkle over



7. Cook under the grill for 5 mins until the cheese melts



8. Wash up and clean the kitchen



Naan bread pizza (180C for 15-20 minutes)



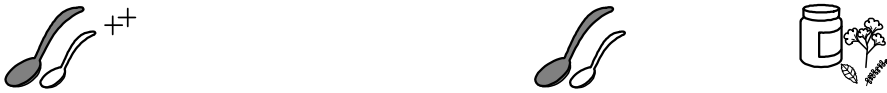
1. Get out - chopping board, baking tray, knife, spoon



2. Get ingredients - 2 plain or garlic mini naan bread, 4



cherry tomatoes, 1/2 ball of mozzarella, piece of pepper, 3



tablespoons of passata, 1 tablespoon of basil



3. Lay the naan bread on the baking tray



4. Spread over the passata and sprinkle on the basil



5. Slice the pepper into fine slices



6. Cut the mozzarella into slices



7. Cut the tomatoes in half



8. Arrange the ingredients to make the pizzas and cook



9. Wash up and clean the kitchen



Stuffed Jacket Potato



1. Get out - chopping board, knife, bowl, fork, grater, spoon



1



50



2. Get ingredients - 1 cooked potato, 50g cheese, splash of milk, 20g



1



butter, 1 small onion, choose mushrooms or tomato



3. Peel and chop the onion and your tomato or mushroom



4. Grate the cheese



5. Scoop out the potato into the bowl and mash with fork



$\frac{1}{2}$



6. Add the onion, tomato or mushroom and half of the cheese



7. Mix together with the milk and butter



8. Spoon into the potato and top with cheese



9. Wash up and clean the kitchen



Cheesy chive egg bread



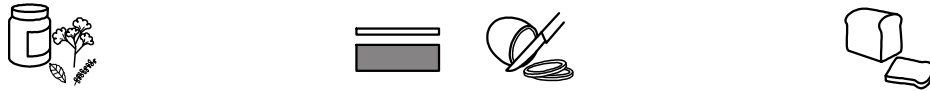
1. Get out - Frying pan, chopping board, knife, fork, bowl,



tablespoon, grater, plastic plate



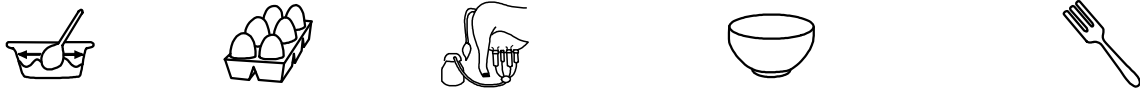
2. Get ingredients - 2 eggs, 3 tablespoons milk, 30 g



cheddar, 2 chive stems, 2 thick slices wholemeal bread, knob



of butter



3. Beat the eggs and milk in the bowl with the fork



4. Grate the cheese and finely chop the chives



5. Stir the cheese and chives into the egg mixture.



6. Cut the bread into triangles



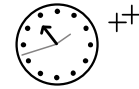
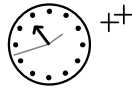
7. Dip the bread in the egg mix and then onto the plate



8. Melt a small knob of butter in a non-stick frying pan



9. Place the bread slices in the pan and cook, turning



them after 2-3 minutes and cook for 2-3 minutes on the

other side



10. Wash up and clean the kitchen



Tuna and cheese quesadillas



Get out - bowl, fork, frying pan, fish slice



Get ingredients - 25g grated cheddar, 25g grated mozzarella, 1



$\frac{1}{2}$



100g



carrot, $\frac{1}{2}$ can tuna, 2 flour tortilla wraps, 100g chunky salsa

50g



$\frac{1}{2}$



50g canned sweetcorn, half an avocado



1. Peel and grate the carrots



2. Mash the tuna in a bowl with a fork



3. Peel and slice the avocado



=

4. Lay out both wraps and lay the ingredients equally only



$\frac{1}{2}$



covering half of the circle in this order: Mix of cheese,



carrot, salsa, sweetcorn, tuna, avocado and then more cheese

$\frac{10}{2}$



5. Fold the other half of the wrap over the filling and press

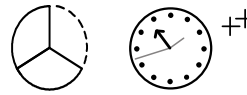
down lightly on both of them



6. Heat a frying pan on the hob



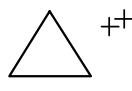
7. Place the quesadilla in the pan, press down gently with the



back of a fish slice and cook for 2-3 minutes each side



8. Take care when turning them over



9. Cut into triangles



10. Wash up and clean the kitchen



Anzac biscuits



1. Get out - saucepan, wooden spoon, large bowl, small bowl,



baking tray



100



2. Get ingredients - Put 100g butter in the pan with



1 tablespoon golden syrup



3. Put 1 cup porridge oats, 1 cup coconut, 1/2 cup



caster sugar, 1/2 cup and 1/3 cup flour into the bowl

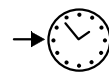


4. Put 1 tsp bicarbonate of soda in the small bowl with

2



2 tablespoons of boiling water and mix



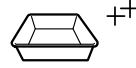
5. Heat the butter and syrup on the hob until melted



6. Stir in the bicarbonate of soda to the butter mix



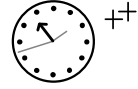
7. Mix the ingredients from the saucepan into the bowl



8. Put small rounds of mixture onto baking trays



160°C



9. Put the trays into the oven (160C) for 8-10 minutes



10. Wash up and clean the kitchen



Spicy Bean Soup



1. Get out - saucepan, chopping board, knife, measuring jug,



wooden spoon, sieve



2. Get ingredients - onion, 1 tablespoon oil, pinch of mild



chilli powder, pinch of ground coriander, pinch ground cumin,



225ml tomato juice, 225ml vegetable stock, 1/2 can of kidney



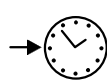
beans



3. Peel and chop the onion finely



4. Heat the oil in the saucepan and add the onion



5. Cook the onion until soft, stirring to stop it sticking



6. Add the chilli powder, coriander & cumin, cook for 1 minute



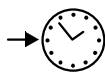
7. Add the tomato juice and stock



8. Drain and rinse the beans



9. Add the beans to the pan and stir



10. Heat until it boils and then leave to simmer with the



lid on for 15 minutes (keep stirring)



11. Remove the lid and leave to cool



12. Wash up and clean the kitchen



Soda bread



1. Get out - measuring jug, sieve, bowl, fork, baking tray



g



g

2. Get ingredients - 170 g plain flour, 170 g self-



raising wholemeal flour, 250 ml milk, tablespoon of



lemon juice, teaspoon of bicarbonate of soda



3. Preheat the oven to 200°C or gas mark 6



4. Stir the lemon juice into the milk to make it curdle



5. Sift both flours and the bicarbonate of soda into



the bowl. Tip in the bran from the sieve



6. Add the milk and mix everything together quickly



with fork to form a soft dough



7. Place the dough onto a floured surface and



knead lightly for a few moments to form a round, flat



ball.



8. Place the dough onto a floured baking tray and



score a cross on top of the dough



9. Bake for 30 minutes



10. Wash up and clean the kitchen



Banana muffins



1. Get out - large bowl, small bowl, fork, tablespoon, electric



whisk, bun tray, paper cases



2. Get ingredients - 50g butter, 1/3 cup sugar, 1 egg,



1 banana, 1 tablespoon milk, 1 cup SR flour, 1/4 cup



sultanas



3. Peel and mash the banana in the small bowl



4. Put the butter and sugar in the large bowl



5. Use the electric whisk to beat them together



6. Add the eggs and whisk



7. Fold in the flour, bananas and milk



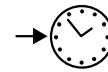
8. Put the cases in the bun tray



9. Spoon the mixture into the cases



160°C



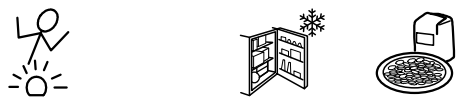
10. Put in the oven (160C) for 20 mins or until cooked



11. Take out of the oven and lift out of the bun tray carefully



12. Wash up and clean the kitchen



Raid the fridge rice



1. Get equipment - Saucepan, chopping board, knife, wooden spoon,



jug, tablespoon, scissors, grater, plastic plate



2. Get ingredients - 3 rashers streaky bacon (optional),



4 mushrooms, 1 small onion, 150g rice, 300ml chicken stock,



50g cheese, 1 tablespoon oil



3. Peel and chop the onion and put on the plate



4. Wipe and chop the mushrooms and put on the plate



5. Cut the bacon using scissors and put on the plate



6. Grate the cheese



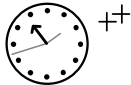
7. Make the chicken stock with boiling water



8. Heat the oil in the saucepan and add the onion,



mushrooms and stir



9. After 2 minutes add the bacon (can be left out)



10. When cooked add the rice and stir



11. Add the stock, bring to the boil and then simmer



12. After 10 minutes stir and put on the lid and turn off



the heat (all the liquid needs to disappear)



13. Then stir through the grated cheese



14. Wash up and clean the kitchen



Mince Pie

Swirls



1. Get equipment - baking tray, knife, tablespoon, rolling pin



$\frac{1}{2}$



2. Get ingredients - 250g puff pastry, half jar



mincemeat, beaten egg for glazing



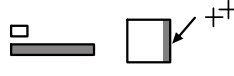
3. Heat the oven to 170 C



4. Roll out the pastry to a large rectangle



5. Spread the mincemeat over the pastry leaving a 2 cm



gap at one of the long edges



6. Roll up the pastry to make a long roll



7. Cut 2 cm pieces of the pastry



8. Turn the pieces over and put onto the baking tray



9. Brush each piece with beaten egg



10. Put the baking tray into the oven



11. Cook for 10 - 15 minutes



12. Wash up and clean the kitchen

