



Week 1 -Leek & Potato Soup

Ingredients

4 Large Leeks
1 medium onion
2 medium potatoes
50g butter
Vegetable stock (cube / pot)
275ml milk
Salt & pepper

Options (to serve):

2 tablespoons of cream / crème fraîche

Notes

Where possible please measure out all ingredients at home to save time.

Serving options can be completed at home.

Bring in a sealable container to take your soup home!

Please bring ingredients to the cookery suite during registration to ensure they can be put in the fridge



Week 2 –Chilli Con Carne

Ingredients

½ onion
1 red pepper
1 garlic clove
400/500g lean minced beef /quorn
1 beef / veg stock cube
400g tin chopped tomatoes
3 large heaped tbsp. tomato puree
Tin of red kidney beans
1 tbs oil (school will provide)
School will provide chilli powder,
cumin, salt and pepper.

Notes

Where possible please measure out all ingredients at home to save time.

Bring in a large sealable container to take your chilli home!

Please bring ingredients to the cookery suite during registration to ensure they can be put in the fridge where necessary.



Week 3 – Curry

Ingredients

6 spring onions
3 garlic cloves
2 tbsp vegetable oil (school)
200g tin chopped tomatoes
2 tbsp curry powder
1 tsp ground ginger
400g chicken breast, cut into 2.5cm/1in pieces (or substitute with quorn)
100ml/3½fl oz Greek-style natural yoghurt, plus extra to serve
salt and pepper (school)

Notes

Where possible please measure out all ingredients at home to save time.

Bring in a sealable container to take your curry home!

Please bring ingredients to the cookery suite during registration to ensure they can be put in the fridge where necessary.



Week 4 – Chow Mein

Ingredients

Sauce:

- Thumb sized piece of fresh root ginger
- 2 garlic cloves
- 3 tbsp. tomato ketchup
- 2 tbsp. oyster sauce
- 2 tbsp. reduced-salt soy sauce

Noodles:

- 1 red pepper
- 5 spring onions
- 200g beanprouts
- 1 large or 2 small chicken breasts (or substitute with extra veggies)
- 3 nest medium egg noodles

Notes

Where possible please measure out all ingredients at home to save time.

Bring in a sealable container to take your chicken chow mein home!

Please bring ingredients to the cookery suite during registration to ensure they can be put in the fridge where necessary.



Week 5 –Homemade Meatballs

Ingredients

Meatballs:

400g minced beef / lamb / turkey / quorn
1 onion
2 slices of bread
1 egg
2 cloves garlic
1 stock cube
1 tbsp. tomato puree

Sauce:

1 onion
1 clove of garlic
400g tin of chopped tomatoes
2 tbsp. oil (school)
1 tsp sugar (school)

Notes

Where possible please measure out all ingredients at home to save time.

Bring in a sealable container to take your meatballs / sauce home!

Please bring ingredients to the cookery suite during registration to ensure they can be put in the fridge where necessary.



Week 6 –Shepherds Pie

Ingredients

500g minced beef/lamb/quorn
2 onions
2 carrots (optional)
1-2 stock cubes (can use oxo cubes)

750g potatoes
25g butter or margarine
100mls milk

50g grated cheese for top (optional)

Notes

Where possible please measure out all ingredients at home to save time.

Bring in a small casserole / oven proof dish to cook in—this will also be what goes home!

Please bring ingredients to the cookery suite during registration to ensure they can be put in the fridge where necessary.