



Pasta Bake

Ingredients

- 75g dried pasta
- 75g broccoli
- 25g butter
- 25g plain flour
- 250ml milk
- 50g strong cheddar, grated
- 1 x 160g can tuna steak in spring water, drained
- 75g canned/frozen sweetcorn, drained
- large handful chopped parsley

A container to take home in

Method

1. Heat oven to 180C/fan 160C/gas 4.
2. Break up the broccoli into florets and place in a colander.
3. Bring a saucepan of hot water to the boil. When it's on a rolling boil add the macaroni and place the colander on top of the pan with a lid covering the broccoli. Cook for about 10-12 minutes, until pasta is al dent and the broccoli is soft.
4. To make the sauce, place the butter or margarine, flour and milk into a small saucepan. Bring the sauce to a simmer, stirring it all the time until thickened. Reduce the heat and allow to simmer for 2 minutes.
5. Stir in 75g of grated cheese.
6. Mix the tuna, sweetcorn, parsley and seasoning into a bowl.
7. Carefully remove the colander with oven gloves and drain the pasta, mix with the white sauce, tuna, sweetcorn and parsley, then season.
8. Transfer to a baking dish and top with the rest of the grated cheese. Bake for 15-20 mins until the cheese on top is golden and starting to brown.

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Fish Fingers and Wedges

Ingredients

- 1 baking potato cut into 8 chunky wedges
- 1 tbsp oil
- 1 egg
- 2 tbsp of seasoned flour
- ½ tsp smoked paprika
- 25g cheddar cheese, grated
- 100g fresh white breadcrumbs/bread
- 250g skinless fresh fish e.g. cod, haddock, pollock or salmon, skin removed.

Method

1. Preheat the oven 220°C, gas 7. Place the wedges onto a large baking tray, toss in the oil and season. Place in the preheated oven on the top shelf for 10 minutes.
2. Cut the fish into fingers or bite size pieces. Place the seasoned flour on a plate/ bowl followed by the eggs on another plate/bowl
3. Mix together the breadcrumbs, paprika and grated cheese and place on a third plate/bowl.
4. Take the wedges out of the oven after 10 minutes of cooking and turn them over. Return them to the oven and cook for another 10 minutes.
5. Dip the fish fingers or bites into the flour, then the egg and then dip them into the breadcrumbs.
6. Remove the wedges from the oven. Place the fish onto the same baking tray and return it all to the oven and cook everything for 15 minutes until the fish is golden and cooked and the wedges are crispy.

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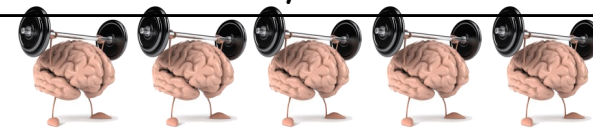
The Healthy Recipe Adaptation

Towards the end of the half term you will be using the skills and knowledge you have learnt in this module to adapt one of the recipes made in school so that it meets the project brief given below:

Project Brief: To plan and cook a savoury dish which will contain good sources of calcium and vitamin D to promote bone health in teenagers. This recipe adaptation will be assessed.

You will have one lesson to plan the recipe before your practical lesson. You will need to bring the ingredient on the date given below and need to remember that whatever you plan you will only have **60 minutes** in which to prepare and cook it.

Please advise us of any nut or other food allergy



Year 8

MISSION NUTRITION



This leaflet includes recipes for:

- Fruit Crumble
- Bolognese Sauce
- Fajitas
- Pasta Bake
- Practical Assessment
- Fish Fingers and Wedges

Name: _____

Tutor Group: _____ DT Group _____

All recipes can be found on the school website. Go to: Curriculum/Design & Technology/Food Technology Recipes and Resources



Fruit Crumble

Ingredients

- 150g plain flour
- 75g butter or margarine*
- 50g oats
- 25g sugar
- 350g fruit - fresh, frozen or canned (see below)
- **Ovenproof dish and**

A container to take it home in

Method

- 1 Preheat the oven to 200°C or gas mark 6.
- 2 Rub in the butter or margarine into the flour until it resembles breadcrumbs.
- 3 Stir in the oats and sugar.
- 4 Arrange the fruit in the oven-proof dish.
- 5 Sprinkle the crumble topping over the fruit.
- 6 Bake for 25-30 minutes, until the crumble is golden.

Top tips

- You may wish to put the dish onto a baking tray when placing it in the oven.
- Be creative and experiment with other fruits, such as blackberries, apricots, raspberries, peaches, nectarines or plums.
- Try mixing different fruits, e.g. pear and plum.
- You may wish to use canned apple or another type of canned fruit. If using cooking apples its best to peel and chop them at home & then cook them with 25g sugar either in a microwave for 3-4 mins until soft or in a saucepan with hot water over a gentle heat until soft.

Making Date _____



Spaghetti Bolognese

Ingredients

- 1 clove garlic
- 1 carrot
- 1 celery stick
- 1 x 1tblsp oil
- 250g lean minced beef/turkey/pork/lamb
- 400g canned chopped tomatoes
- 1 x 1tblsp tomato puree
- 100ml water
- 1 x 1tsp mixed herbs
- Black pepper
- 1/2 Onion

A container to take it home in.

Method

1. Peel and crush the garlic, finely chop the onion and celery and carrot.
2. Fry the onion, garlic, carrot in the oil.
3. Add the meat and cook until the mince is lightly browned.
4. Add the tomatoes, tomato puree, mixed herbs and 100ml water and mix all the ingredients together. Then add a few twists of black pepper.
5. Bring to the boil, then simmer for 20 minutes.

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Fajitas

Ingredients

- ½ lime, ½ onion
- ½ green pepper, ½ green chilli
- 1 clove garlic
- Small bunch coriander
- 1 tbsp oil
- 1 small chicken breast
- 1 tomato
- 25g Cheddar cheese
- 2 tortillas
- 1 tbsp guacamole (or salsa), optional
- A container to take them home in

{ Share with a partner or double the recipe }

A container to take home in

Method

1. Prepare the marinade: squeeze the lime, peel and crush the garlic, de-seed and slice the chilli, chop the coriander, stir everything together with the oil.
2. Remove any skin from the chicken and cut the chicken into strips. Mix with the marinade and place in the fridge, covered, until needed.
3. 3 Prepare the remaining ingredients with a clean knife on a clean chopping board: slice the onion and green pepper, chop the tomato, grate the cheese.
4. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.
5. Add the onion and green pepper and continue to cook for a further 2 minutes.
6. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and guacamole, then roll up.

Top tips

- Warm the tortillas in a microwave oven for 20 seconds.
- Go for extra vegetables or kidney beans for a vegetarian alternative.
- Other types of meat could be used, e.g. thin strips of beef or turkey.
- Mix ready cooked pasta or rice with the vegetables for a complete meal.

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