

# Year 9 Ingredients List



	<b>Ingredients required</b> *Ingredients that are available from school if needed	<b>Extra information</b>
<b>Chicken Curry</b>	1-3 spring onions 1-2 garlic cloves 2 tbsp vegetable oil half a 400g tin chopped tomatoes 2 tbsp curry powder (or make your own with fenugreek, cumin, coriander, ginger, chilli) <ul style="list-style-type: none"> <li>• 1 tsp ground ginger</li> <li>• 1-2 chicken breast cut into 2.5cm/1in pieces or 250g Quorn</li> <li>• 100ml/3½fl oz natural yoghurt, plus extra to serve</li> <li>• salt and pepper</li> </ul>	If you are making the vegetable option you could double up on the vegetables or add chopped leek or courgette. <b>Airtight container.</b>
<b>Stir fry</b>	1 pepper 1 carrot 1 onion or 2 spring onions ½ bag beansprouts 2 tablespoons soy sauce 1 garlic clove 1 thumb sized piece of ginger or ½ teaspoon dried ginger ½ teaspoon dried chilli or 1 fresh chilli	You can add extra veg if you wish – mange tout, baby sweetcorn or pak choi. <b>An air tight container is needed to transport this home.</b> Double up with a friend and share beansprouts
<b>Chilli con carne for enchiladas</b>	250g Minced beef or Quorn mince 1 x onion 1 x Garlic clove* 1 x tin chopped tomatoes 1 tbsp. tomato puree 4/5 mushrooms 1 x pepper 1 tsp chilli powder* Tin of Kidney beans Beef stock cube or stock pot	This recipe can be divided in half if you wish You can swap the kidney beans for other tinned beans. Baked beans can be used but contain a lot of sugar. <b>Container to store sauce in school</b>
<b>Enchiladas</b>	8 Flour tortillas 150 g Cheddar or other hard cheese grated. OR Alternatively you can make the tortillas yourself with 125g plain flour 1 tablespoon of oil ¼ tsp salt	8 small tortilla wraps or 4-6 large ones. <b>Oven proof dish and Container to transport home</b>

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<b>Pasta/cauliflower cheese</b>	125 g Pasta, any shape <b>or</b> 1 cauliflower <b>or</b> 2 broccoli heads broken into florets.( if you are a confident and quick cook think about adding extra vegetables in the mix) 25 g butter 25 g plain flour 1/4 tsp mustard powder* 300 ml milk 50 g strong cheddar, grated 1/2 tsp freshly ground black pepper	You will need an oven proof / microwaveable dish or an airtight container to take it home in
<b>Dutch Apple Cake</b>	100g caster sugar 100g Soft margarine 2 eggs 100g self raising flour 1 eating apple 1 x 5ml* spoon cinnamon 1 x 5ml* spoon demerara sugar	Bring a shallow round or square tin if you can. <b>*Container to transport home</b>
<b>Swiss roll</b>	3 large eggs 75g caster sugar + 25g extra 75g Self raising flour 3-4 tablespoons of jam or lemon curd	Jam to fill. You could also add some fresh seasonal fruit or frozen fruit Labelled airtight container to take it home in

Any ingredient marked with an\* is available from school.

Please send pupils with reusable, labelled containers where possible.