

## Design and Technology: cooking and nutrition

### Long-term plan

Autumn	Year 1 and Year 2		Year 3 and Year 4		Year 5 and Year 6	
	Year A	Year B	Year A	Year B	Year A	Year B
product	<b>banana sandwich</b>	<b>fruit smoothie</b>	<b>leek and potato soup</b>	<b>egg pot</b>	<b>lentil and vegetable soup</b>	<b>vegetable and chickpea curry</b>
skills	peeling by hand (soft fruits) spreading (back of spoon) bridge hold arranging toppings garnishing	peeling by hand (soft fruits) claw grip (fork secure and table knife) measure liquids use measuring spoons	draining through colander peeling claw grip bridge hold measure liquids use measuring spoons using the hob (adult supervision) seasoning to taste	draining through colander claw grip bridge hold cracking an egg	draining through colander peeling claw grip bridge hold crushing garlic measure liquids use measuring spoons using the hob (adult supervision) using a lemon squeezer seasoning to taste	weighing draining through colander peeling claw grip bridge hold crushing garlic use measuring spoons using the hob (adult supervision) mixing
notes	Allergies – consider alternatives rather than removing	Allergies – consider alternatives rather than removing Adult to operate blender	Allergies – consider alternatives rather than removing Adult to supervise at hob. Adult to operate blender. Prepare onion <a href="#">video</a>	Allergies – consider alternatives rather than removing Adult to supervise at microwave	Allergies – consider alternatives rather than removing Adult to supervise at hob. Adult to operate blender. Prepare onion <a href="#">video</a>	Allergies – consider alternatives rather than removing Adult to supervise at hob. Serve with naan bread. Prepare onion <a href="#">video</a>
ideas for variations	Vary bread source eg bagel	Add additional fruit based on seasonality			Vary vegetables used. Add some natural yogurt to serve.	Add/vary vegetables and pulses used. Use stock instead of coconut milk.

Spring	Year 1 and Year 2		Year 3 and Year 4		Year 5 and Year 6	
	Year A	Year B	Year A	Year B	Year A	Year B
product	<b>fruit salad</b>	<b>overnight oats</b>	<b>pitta pizza</b>	<b>chopped tomatoes and garlic</b>	<b>omelette</b>	<b>pasta bake</b>
skills	peeling by hand (soft fruits) draining through colander segmenting claw grip (using fork secure) bridge hold measure liquids mixing	snipping weighing (using digital scales) measuring liquids use measuring spoons claw (using fork secure) mixing arranging toppings	draining using a colander use measuring spoons use digital scales bridge hold claw grip spread (using table knife) tearing sprinkle arranging toppings	draining through colander claw grip bridge hold use measuring spoons snipping herbs crushing garlic mixing arranging toppings	draining through colander claw grip bridge hold grating soft foods cracking an egg beating an egg using measuring spoons using the hob (adult supervision)	draining through colander weighing peeling claw grip bridge hold crushing garlic use measuring spoons tearing herbs mixing using the hob (adult supervision) finer grating seasoning to taste
notes	Allergies – consider alternatives rather than removing	Allergies – consider alternatives rather than removing This recipe is left overnight before eating.	Allergies – consider alternatives rather than removing	Allergies – consider alternatives rather than removing Adult to supervise toasting the bread	Allergies – consider alternatives rather than removing Vary fillings Adult to supervise at hob	Allergies – consider alternatives rather than removing Adult to supervise at hob Use whole wheat pasta. Prepare onion <a href="#">video</a>
ideas for variations	Vary fruit selection based on seasonality Include frozen or tinned fruit Serve with low fat natural yogurt	Vary fruit selection based on seasonality	Vary toppings.	Add spring onions	Vary/add omelette fillings	Vary vegetables used

Summer	Year 1 and Year 2		Year 3 and Year 4		Year 5 and Year 6	
	Year A	Year B	Year A	Year B	Year A	Year B
product	wraps	fruit bars	salad and dressing	savoury scones	tomato sauce base	Bread
skills	grating soft foods spreading (using table knife) snipping arranging ingredients claw (using fork secure)	use measuring spoons snipping weighing (using digital scales) mashing (using fork) mixing using the hob (adult supervision) scrape out a bowl with a spatula	draining using a colander use measuring spoons use digital scales bridge hold claw grip peeling grating harder foods tearing/snipping arranging toppings beating ingredients together (dressing)	draining using a colander sieving mixing rubbing fat into flour grating soft and harder foods measuring liquids using measuring spoons using a lemon squeezer kneading shaping glazing	draining through colander peeling claw grip bridge hold crushing garlic measure liquids use measuring spoons using the hob (adult supervision) seasoning to taste	weighing using digital scales measuring liquids sifting mixing to form bread dough kneading shaping  dividing, portioning proving baking
notes	Allergies – consider alternatives rather than removing	Allergies – consider alternatives rather than removing Adult to supervise at hob.	Allergies – consider alternatives rather than removing Adult to supervise at hob	Allergies – consider alternatives rather than removing	Allergies – consider alternatives rather than removing Adult to supervise at hob Adult to operate blender This sauce could be used as a pizza base topping, pasta sauce, in a stew or as a topping (eg fish or chicken). Serve with whole wheat pasta. Prepare onion video	Allergies – consider alternatives rather than removing Time needed to prove the dough.
ideas for variations	Vary filling selection	Vary dried fruits	Vary vegetables for the salad	Vary vegetables used	Vary vegetables used including frozen	Add to the flour mixture (eg grated cheese, seeds)



## Appendix: Recipes for Key Stage 1

<b>Autumn</b>	<b>Year 1 and Year 2</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>banana sandwich</b>	<b>fruit smoothie</b>

<b>Spring</b>	<b>Year 1 and Year 2</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>fruit salad</b>	<b>overnight oats</b>

<b>Summer</b>	<b>Year 1 and Year 2</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>wraps</b>	<b>fruit bars</b>

# OPEN-TOP BANANA SANDWICH

An easy sandwich snack for the youngest pupils to tackle. Good for breakfast, especially if served on a toasted bagel. Serves 1.

**Ingredients**

- 1 slice of bread (wholemeal or white un-sliced bread, 'muesli-style' bread or another un-sliced variety)
- 25g reduced fat cream cheese
- ½ a small ripe banana, still in skin
- ½ level teaspoon ground cinnamon (optional)

**Equipment**

Bread knife, table knife, dessert spoon, plate, chopping board, vegetable knife, serving plate

## How to make it

1. Slice the bread.
2. Peel and chop the banana.
3. Spread the bread with the cream cheese. Arrange the banana slices on the top.
4. Sprinkle with ground cinnamon (optional), and serve immediately.

## Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

## Show the children

- How to peel the banana
- How to spread cream cheese with the back of a spoon
- The bridge cutting technique to halve then halve again until banana is in slices
- How to arrange ingredients
- How to sprinkle a 'pinch'

## Under supervision, children can:

- Peel and cut up the banana
- Spread the cream cheese
- Arrange the toppings
- Sprinkle the cinnamon

## Skills

Peeling, bridge knife technique, spreading with the back of a spoon, arranging ingredients



**LEAVE HALVED BANANAS IN THEIR SKINS TO STOP THEM BROWNING.**

Per sandwich (102g)

<b>ENERGY</b>	645kJ / 153kcal	8%
<b>FAT</b>	4.0g	6%
<b>SATURATES</b>	2.0g	10%
<b>SUGARS</b>	9.5g	11%
<b>SALT</b>	0.7g	12%

% of an adult's reference intake  
Typical values per 100g: Energy 633kJ / 150kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (102g)
Energy	633kJ / 150kcal	645kJ / 153kcal
Protein	3.9g	4.0g
Carbohydrate (of which sugars)	22.9g (9.4g)	23.3g (9.5g)
Fat (of which saturates)	3.9g (1.9g)	4.0g (2.0g)
Fibre	4.0g	4.1g
Salt	0.7g	0.7g



## Fruit salad

### Ingredients (serves 6)

1 banana  
1 apple  
1 orange/satsuma  
strawberries  
seedless grapes  
1 kiwi fruit  
2 x 15ml spoons orange juice



### Equipment

Chopping board, knife, mixing bowl, measuring jug.

### Method

1. Prepare fruit:
  - peel and slice the banana;
  - core and slice the apple (adult to core and use fork secure and claw to slice);
  - peel and segment the orange;
  - halve the strawberries;
  - halve the grapes
  - peel and slice the kiwi fruit.
2. Place all the fruit into a large serving dish and add orange juice.
3. Mix all the ingredients together.

### Top tips

- If you are not peeling the fruit, make sure it is washed before you use it.
- Use fresh fruit in season, like raspberries in summer or apples in autumn.
- Mix in some canned fruit like pineapple or peaches - if using canned fruit opt for
  - those canned in natural juice instead of syrup.
- Serve with low-fat yogurt for a great breakfast or dessert.

## Wraps

### Ingredients

- tortilla wraps (one wrap between two children)
- something sticky to hold it together (such as hummus or cream cheese)
- protein rich fillings (such as grated cheese, tuna or turkey)
- other fillings such as peppers (snipped); cucumber (claw - fork secure); lettuce (snipped)

### Method

1. Lay out the tortilla wraps.
2. Prepare the fillings.
3. Spread with the cream cheese or hummus.
4. Select and add the fillings.
5. Start at one side, roll up very tightly.
6. Cut the rolled wrap in half.



breakfast

## forest fruit smoothie

a great part of your breakfast, and helps towards your 5 A DAY



tip:  
If you haven't got  
a traditional blender,  
a hand-held stick  
blender works  
just as well.

### Serves

#### ingredients:

1 large banana

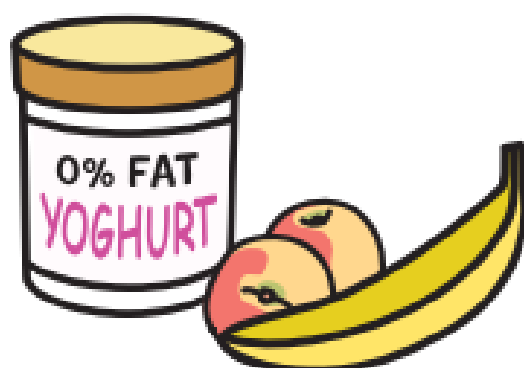
150g frozen forest fruits

150g low-fat natural yoghurt  
(optional)

750ml (1 1/4 pints) semi-skimmed  
or 1% fat milk

### what to do:

1. Slice the banana into a blender and add the frozen fruit (no need to thaw it first).
2. Add the low-fat yoghurt and milk.
3. Blend together for 15-20 seconds, then pour into 4 glasses. Enjoy straightaway, with your cereal or wholemeal toast.



## Overnight oats

### Ingredients (serves 6)

- 150g high fibre porridge oats
- 25g dried cranberries
- 50g ready-to-eat apricots chopped
- 25g sultanas
- 300ml unsweetened apple juice
- 8 tbsp low-fat natural yoghurt
- 100g frozen (thawed) or fresh blueberries
- 100g frozen (thawed) or fresh raspberries
- two bananas



### Method:

1. In a large bowl, mix together the porridge oats, cranberries, apricots and sultanas.
2. Add the apple juice and stir well.
3. Cover and refrigerate overnight.
4. In the morning, divide the soaked mixture between bowls.
5. Spoon 2 tbsp of natural yoghurt onto each portion.
6. Use claw grip to slice the bananas
7. Share the blueberries and raspberries between the bowls.

### Suggestion:

Replace raspberries and blueberries, top with chopped fresh apple instead.  
For a dairy-free recipe, eliminate the yoghurt or replace with low fat soya-based yoghurt.



## **Fruit bars**

(a healthy snack option for packed lunches)

### **Ingredients (serves 12)**

60g mixed seeds  
50g dried apricots, chopped (or other dried fruit such as raisins, cranberries or dates)  
25g desiccated coconut  
2 medium bananas, mashed  
160g oats  
3tbsp clear honey  
100g butter



### **Method**

1. Preheat the oven to 180°C/Gas 4.
2. Place the mixed seeds, coconut, mashed banana, oats and dried fruit into a large mixing bowl and stir well.
3. Place the butter and honey in a pan over a low heat, stirring occasionally until melted.
4. Pour the liquid mixture over the dry ingredients.
5. Mix everything well to combine.
6. Line a tin with baking paper and spoon the mixture into it. Scrape out the bowl with a spatula.
7. Press down well in an even layer.
8. Bake for 30 minutes until golden brown.
9. Leave to cool in the tin for 5 minutes and mark into twelve bars.
10. Allow to cool completely before slicing.

## Appendix: Recipes for Years 3 and 4

<b>Autumn</b>	<b>Year 3 and Year 4</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>leek and potato soup</b>	<b>egg pot</b>

<b>Spring</b>	<b>Year 3 and Year 4</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>pitta pizza</b>	<b>chopped tomatoes and garlic</b>

<b>Summer</b>	<b>Year 3 and Year 4</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>salad and dressing</b>	<b>savoury scones</b>

## LEEK & POTATO SOUP

A delicious and economical soup that's perfect for making use of hearty ingredients grown in the school garden. Serves 4.

### How to make it

1. Put the oil in the pan and cook the onion over a medium heat until soft but not brown.
2. Add the leek and potato and cook for a further minute.
3. Add the veg stock, bring to the boil then simmer for 20 minutes until the potatoes are soft.
4. Remove from the heat and cool slightly. Purée the soup in the blender.
5. Return the puréed soup to the pan and reheat until almost boiling.
6. Stir in the cream and season with black pepper to taste. Serve immediately.

### Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

Per 181g serving

<b>ENERGY</b>	433kJ / 104kcal	5%
<b>FAT</b>	5.0g	7%
<b>SATURATES</b>	2.0g	10%
<b>SUGARS</b>	4.5g	9%
<b>SALT</b>	0.5g	9%

% of an adult's reference intake  
Typical values per 100g: Energy 239kJ / 57kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (181g)
Energy	239kJ / 57kcal	433kJ / 104kcal
Protein	1.5g	2.7g
Carbohydrate (of which sugars)	5.8g (2.5g)	10.6g (4.5g)
Fat (of which saturates)	2.7g (1.1g)	5.0g (2.0g)
Fibre	1.6g	2.9g
Salt	0.3g	0.5g

### Ingredients

- 2 leeks, trimmed, washed and finely sliced
- 1 medium onion, finely chopped
- 1 medium potato, peeled and diced
- 3 tablespoons vegetable oil
- 1 dessertspoon reduced salt vegetable bouillon powder made up with 750ml water
- 100ml single cream (optional)
- Black pepper to taste

### Equipment

Large saucepan, potato peeler, chopping board, sharp knife, measuring jug, tablespoon, wooden spoon, ladle, blender

### Show the children

- How to clean leeks
- How to use a peeler
- The bridge and claw knife techniques for preparing the vegetables
- How to make up vegetable stock
- How to blend soup – the safety points behind using a liquidiser
- How to season to taste – food hygiene and sensory aspects

### Under supervision, children can:

- Wash, trim and chop the leeks
- Peel and cut potato into chunks
- Use combined bridge and claw to large-dice the onion
- Make up the stock
- Work at the hob
- Taste and season the soup

### Skills

Combined bridge and claw knife techniques, using the hob, seasoning to taste, peeling, using a jug to measure liquids



**LET SOUP COOL BEFORE BLENDING AND ONLY EVER HALF FILL THE BLENDER. CHILDREN SHOULD NOT OPERATE A BLENDER. HEAT SOUP BEFORE ADDING THE CREAM OR IT WILL CURDLE!**

# main meal

Key stage 2

## 5. Quick pitta pizzas

These quick pitta pizzas are perfect if you want a quick, light meal.

Serves: 4 adults

### Ingredients

4 wholemeal pitta breads  
4 tbsp tomato puree  
4 mushrooms (cup or button)  
4 tomatoes  
125g light mozzarella cheese  
2 teaspoons dried mixed herbs  
Ground black pepper

### Equipment

Chopping board, knife, tablespoon,  
baking sheet



### Method

1. Preheat the oven to 190°C, fan 170°C, gas mark 5.
2. Place the pitta bread on a baking sheet.
3. Slice the mushrooms.
4. Slice the tomatoes.
5. Spread 1 tablespoon of tomato puree onto each pitta, then top with the mushrooms and sliced tomatoes.
6. Drain the liquid from the mozzarella cheese. Tear the mozzarella cheese into pieces.
7. Arrange the cheese on top of the mushrooms and tomatoes.
8. Sprinkle with the mixed herbs and season with black pepper.
9. Bake for 10-12 minutes, or until the cheese is melted and bubbling. Get an adult to help with this.

**Skills:** Slice, spread, tear, layer and bake.

### Tip 1:

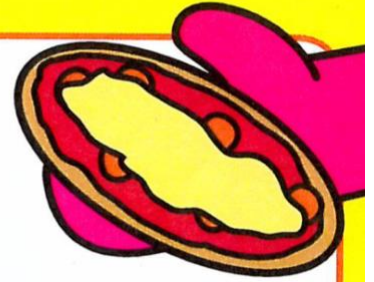
Add a few olives, slices of red or green pepper and some sliced spring onion. Serve with salad.

### Tip 2:

If you prefer, grill the pittas under a medium-hot grill for 6-8 minutes instead of baking them.

### Nutritional information:

Per portion (i.e. 1/4 recipe)  
912kJ / 218kcal  
15g protein  
4g fat of which 1g saturates  
31g carbohydrate of which 5g sugars  
5g dietary fibre  
329mg sodium  
0.8g salt



# SECRET GARDEN SALAD

The secret to this salad is that you can use whichever ingredients are grown in your school garden or are in season when you're making it. Serves 6.

## How to make it

1. Prepare all the vegetables. Line the serving dish with lettuce leaves or spinach leaves and then arrange the other vegetable ingredients neatly on top.
2. Make the dressing by whisking the oil and vinegar together in the small bowl. Drizzle the dressing over the salad.
3. Spoon 1-2 tablespoons of yoghurt on top of the salad (optional). Serve immediately.

## Before you begin

- Prepare your ingredients to a suitable level depending on the age and previous experience of the children
- Present your equipment and ingredients logically on the table to support your teaching and learning (we call this a set out)
- Make sure everyone removes any rings and nail varnish, ties their hair back, washes their hands and puts an apron on
- Discuss the ingredients and equipment – what they are, how to weigh and measure ingredients and what you'll be doing in the lesson

**TIP!** TRY SMALL BROCCOLI FLORETS, PODED BROAD BEANS AND SNAPPED MANGE TOUT – THEY'RE IDEAL FOR THIS AGE GROUP TO PREPARE.

Per 183g serving		
<b>ENERGY</b>	463kJ / 111kcal	6%
<b>FAT</b>	4.3g	6%
<b>SATURATES</b>	0.6g	3%
<b>SUGARS</b>	3.1g	3%
<b>SALT</b>	Trace	<1%

% of an adult's reference intake  
Typical values per 100g: Energy 253kJ / 60kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (183g)
Energy	253kJ / 60kcal	463kJ / 111kcal
Protein	1.5g	2.7g
Carbohydrate (of which sugars)	7.5g (1.7g)	13.8g (3.1g)
Fat (of which saturates)	2.4g (0.3g)	4.3g (0.6g)
Fibre	1.6g	3.0g
Salt	Trace	Trace

## Ingredients

- 1 crisp lettuce (eg little gem) washed and patted dry, or use spinach leaves
- ½ cucumber, peeled and diced
- 6 cherry tomatoes, halved
- 6 thin spring onions, cut into 1cm lengths
- 6 radishes, cut in half
- 400g new potatoes, cooked and cooled
- 50g peas, cooked and cooled
- 2 tablespoons vegetable oil
- 1 medium-sized carrot, grated
- 1 tablespoon white wine vinegar
- 1-2 tablespoons natural yoghurt, optional

## Equipment

Colander, peeler, chopping board, sharp knife, grater, saucepan, tablespoon, small bowl, fork, serving bowl, kitchen scissors

## Show the children

- How to wash the vegetables
- How to cut the vegetables in chunks using the bridge knife technique
- How you grated the carrot ready for them to sprinkle
- How to pod the peas
- How you cut the spring onions using scissors
- How to mix
- Some ideas for arranging the salad

## Under supervision, children can

- Pick and wash vegetables
- Pod the peas
- Use the bridge technique on appropriately prepared vegetables
- Mix and drizzle dressing
- Arrange ingredients

## Skills

Bridge knife technique, arranging ingredients



## Egg pot

### Ingredients (serves 2)

½ can baked beans  
1 egg  
2 small tomatoes



### Method

1. Chop the tomatoes and put in a microwaveable mug.
2. Cover with cling film and microwave for one minute on full power.
3. Pour in the beans and stir well. Re-cover and microwave for another minute.
4. Crack the egg into the saucy beans mixture, cover and microwave for one more minute.
5. If your egg is not cooked to your liking, then continue cooking for another 20 seconds or so.

## Bruschetta

### Ingredients (serves 20)

baguettes  
1/3 cup olive oil  
12 tomatoes, diced  
4 garlic cloves, crushed  
4 tbsp basil, finely chopped



### Method

- 1**  
Thinly slice the baguettes
- 2**  
Brush the bread slices lightly on both sides with the olive oil.
- 3**  
Toast the bread slices for 1-2mins on each side until golden. Set aside.
- 4**  
Place the tomato in a bowl with the garlic, basil and remaining olive oil. Stir to combine.
- 5**  
When ready to serve, pile the topping onto the bread and gently press down with a fork to hold the topping in place.

## Savoury scones

### Ingredients (serves 15)

- 250g vegetables (sweetcorn, grated courgette and grated carrot)
- 350g self-raising flour
- 1 tsp baking powder
- 50g cold unsalted butter, cut into cubes
- 125g cheddar grated
- 175ml semi-skimmed milk, plus extra for brushing
- juice ½ lemon
- 1 tsp mixed herbs



### What to do

1. Turn on the oven to 220C/200C fan/gas 7.
  2. Sieve and mix the flour, baking powder and mixed herbs in a large bowl.
  3. Rub in the butter until the mix looks like fine crumbs.
  4. Tip in the cheese and all of the vegetables.
  5. Mix the milk with the lemon juice, then stir into the bowl to make a slightly sticky dough.
  6. Tip the dough onto the floured work surface, knead 2-3 times to smooth a little, then divide into 15 balls.
  7. Shape each ball roughly with your hands and put onto a floured baking sheet.
  8. Brush each with a little milk.
  9. Bake for 10-12 mins or until the scones are risen, golden and sound hollow when tapped on the bottom. Cool on a rack.
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## Appendix: Recipes for Years 5 and 6

<b>Autumn</b>	<b>Year 5 and Year 6</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>lentil and vegetable soup</b>	<b>vegetable and chickpea curry</b>

<b>Spring</b>	<b>Year 5 and Year 6</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>omelette</b>	<b>pasta bake</b>

<b>Summer</b>	<b>Year 5 and Year 6</b>	
	<b>Year A</b>	<b>Year B</b>
<b>product</b>	<b>tomato sauce base</b>	<b>bread</b>

## Lentil and tomato Soup

### Ingredients

1 onion  
1 carrot  
1 medium potato  
1 clove garlic  
1 x 15ml spoon oil  
1 x 5ml spoon ground cumin,  
1 can tomatoes (400g)  
100g red or brown lentils  
500 ml water  
1 x vegetable stock cube or 1 x 5ml spoon bouillon powder  
1 lemon  
ground black pepper to season



### Equipment

Chopping board, knife, vegetable peeler, garlic press, saucepan and lid, measuring spoons, wooden spoon, weighing scales, measuring jug, lemon squeezer.

### Method

1. Peel and dice the onion.
2. Top, tail and peel the carrot.
3. Dice the carrot.
4. Peel and dice the potato.
5. Peel and crush the garlic.
6. Fry the onion and garlic in the oil gently for 5 minutes.
7. Add the carrot, potato and cumin.
8. Add the lentils and canned tomatoes.
9. Dissolve the stock cube in the boiling water to make the stock.
10. Add the stock to the saucepan, stir and bring to the boil.
11. Reduce the heat, cover the saucepan with a lid and simmer for 40 minutes.
12. Squeeze the juice from one lemon.
13. Just before serving, add 2 x 15ml spoons lemon juice and some freshly ground black pepper.

### Top tips

- Try using different vegetables, such as courgettes and peppers.
- Make some toasted croutons to decorate on top.
- Add a swirl of yogurt to the soup when served.

## Omelette

### Ingredients (serves 6)

- 3 free-range eggs
- 1 tbsp milk
- 1 tsp butter
- 1 tomato, finely chopped
- 2 tbsp grated cheddar
- 1 tsp dried oregano
- salt and pepper

### Method



1. Take your eggs and crack them into a bowl – don't put them directly into the pan as you need to mix them first! Add a pinch of salt and pepper to the eggs and stir in the milk.
2. Beat the eggs with a fork, first use the fork to break the yolks of the eggs (this makes beating the eggs easier). Then tip the bowl gently and using a fork in a circular motion beat the eggs until the yolks and whites are combined and the mixture has an even colour.
3. Bring your pan to a high heat and add the butter. Pour in your egg mixture and cook on a high heat for 2 minutes, making sure that the mixture is spread out evenly. Reduce the heat.
4. As the egg begins to set, use a spatula to push the set egg towards the omelette centre, tilting the pan so the runny egg fills the space. Add the tomatoes and most of the cheese and oregano.
5. Cook the omelette for another minute, then loosen the edges with a spatula. Slide the omelette from the pan onto a warmed plate, tilting the pan so that the omelette folds nicely on the plate.
6. Sprinkle with the remaining cheese. Then serve.

### Tip

To crack an egg, hold the egg in one hand and tap it gently on a work surface. You only need to dent the shell. Don't tap too hard, or you'll shatter the egg, break the yolk, and end up with shell pieces in your bowl.

## Tomato base sauce

### Ingredients (serves 20)

- 100 g onions
- 100 g celery
- 100 g carrots
- 100 g courgettes
- 100 g peppers
- 250 g squash, pumpkin or sweet potatoes
- 3 cloves of garlic
- 15ml olive oil
- 800 g tinned tomatoes
- Note: all veg weights are for trimmed, prepped vegetables.

### Method

1. Peel, trim and roughly chop the vegetables.
2. Peel and crush the garlic.
3. Place a pan large enough to hold all the ingredients on a medium heat with the olive oil.
4. Add the garlic, fry for 1 minute, then add all the prepped veg. Cook with a lid on for 30 minutes, or until the vegetables are softened and lightly coloured, stirring regularly.
5. Add the tomatoes, breaking them up with a wooden spoon – remember to note the liquid level in the pan.
6. Pour in 200ml of water and give everything a good stir. Bring to the boil, then lower the heat and simmer for 30 minutes or until reduced – the liquid should return to the same level as in step 5.
7. Remove from the heat and whiz with a stick blender until completely smooth. Season to taste.



### Tip

The sauce can be frozen and used when needed.



## **Mushroom and chickpea curry**

### **Ingredients**

- 1 onion
- 150g mushrooms
- 1 clove garlic
- 1 x 15ml spoon oil
- 2 x 15ml spoons curry paste
- 2 x 15ml spoons tomato puree
- 200g chickpeas, canned (drained)
- 1 can coconut milk (reduced fat)

### **Equipment**

Chopping board, knife, garlic press, saucepan, wooden spoon, can opener and measuring spoons.

### **Method**

1. Peel and chop the onion.
2. Slice the mushrooms.
3. Heat the oil in a saucepan and fry the onion, garlic and mushrooms for 5 minutes.
4. Stir in the curry paste, tomato puree, chickpeas and coconut milk.
5. Simmer for 20 minutes.
6. Serve with rice and/or naan bread.

### **Top tips**

- Use 400ml water and 1 vegetable stock cube instead of coconut milk.
- Add other vegetables and pulses to the curry, e.g. courgettes, peas, red kidney beans.

## Pasta bake

### Ingredients (serves 10)

1 red pepper  
1 onion  
1 clove garlic  
350g penne pasta  
1 x 15ml spoon oil  
2 x 400g cans chopped tomatoes  
Fresh basil leaves or 1x 5ml spoon dried basil  
200g baby spinach  
Black pepper  
100g mozzarella  
20g parmesan cheese



### Equipment

Chopping board, vegetable knife, garlic press, large saucepans, mixing spoon, colander, ovenproof dish.

### Method

1. Prepare the ingredients:
  - deseed and chop the red pepper;
  - peel and chop the onion;
  - peel and crush the garlic;
  - slice the mozzarella cheese;
  - grate the parmesan cheese.
2. Bring a large pan of water to the boil, add the pasta and cook for 10-15 minutes.
3. Heat the oil in a large pan, add the peppers, onion and garlic and cook gently for about 5 minutes until the peppers and onion are soft.
4. Stir in the chopped tomatoes and basil. Simmer for 5 – 10 minutes.
5. When the pasta is cooked remove from the heat and stir in the spinach and allow to wilt.
6. Drain the pasta and spinach thoroughly and then return to the saucepan.
7. Stir in the tomato sauce and mix. Season with black pepper.
8. Place the pasta and sauce in a shallow ovenproof dish. Lay the sliced mozzarella cheese on top of the pasta. Add the grated parmesan cheese.
9. Heat the grill. Place the dish under the grill and cook until lightly browned.

### Top tip

Use whole wheat pasta for added fibre.

## Brilliant bread

### Ingredients

(serves 6)

250g strong flour

1/2 x 5ml spoon salt

7g pack fast action dried yeast

150ml warm water

### Equipment

weighing scales

measuring spoons

measuring jug

baking tray

greaseproof paper

sieve

mixing bowl

mixing spoon

flour dredger

oven gloves

cooling rack



### Method

1. Preheat the oven to 220°C or gas mark 7.
2. Line the baking tray with greaseproof paper.
3. Sift together the flour and salt into the mixing bowl.
4. Stir in the yeast.
5. Make a well in the middle of the flour mixture and add the warm water. Note: the water must not be hot. Mix to form a soft dough.
6. Sprinkle a little flour onto a clean work surface and place the dough on the surface.
7. Knead the dough for 10 minutes.
8. Divide the dough into 6 pieces and shape into rolls.
9. Place the rolls on the baking tray.
10. Cover the dough and leave to prove for 30 minutes in a warm place, until they double in size.
11. Bake for 10-15 minutes until golden brown. **Adults** to use the oven.

### Top tips

- Why not try adding 25g apple, grated cheese, dried fruit or chopped onion to the flour mixture?
- Decorate your bread with grated cheese or diced onion before baking.