

## Year 8 Food ingredients Autumn term 1

These are the ingredients which will be needed to cook this half term in Food Tec. Please check the group you are in (A or B) and bring in the correct ingredients needed for the week you are cooking in.

Week Commencing	Group	Ingredients
16/9/19 Fajitas	A	<ul style="list-style-type: none"> <li>- 1 lime</li> <li>- 1tsp of smoked paprika</li> <li>- 1tsp of ground cumin</li> <li>- 1 small chicken breast OR Quorn alternative</li> <li>- ½ green pepper</li> <li>- ½ onion</li> <li>- 1 tomato</li> <li>- 25 g of grated cheese</li> <li>- 2 wraps</li> <li>- <b>Extra:</b> guacamole or yoghurt or salsa</li> <li>- <b>BRING</b> a large tub/container</li> </ul>
23/9/19 Fajitas	B	<ul style="list-style-type: none"> <li>- 1 lime</li> <li>- 1tsp of smoked paprika</li> <li>- 1tsp of ground cumin</li> <li>- 1 small chicken breast OR Quorn alternative</li> <li>- ½ green pepper</li> <li>- ½ onion</li> <li>- 1 tomato</li> <li>- 25 g of grated cheese</li> <li>- 2 wraps</li> <li>- <b>Extra:</b> guacamole or yoghurt or salsa</li> <li>- <b>BRING</b> a large tub/container</li> </ul>
30/9/19 Design a Gourmet Burger	A	<ul style="list-style-type: none"> <li>- 100 g of (lean) minced beef (or vegetarian alternative: 2 tbsp flour, 1 egg)</li> <li>- ½ onion</li> <li>- 1 garlic clove</li> <li>- ½ oxo cube</li> <li>- 1 roll OR 1 burger bun</li> <li>- EXTRA: any topping you'd like (eg.: cheese, ketchup, gherkin, onion, mayo, ...)</li> <li>- <b>BRING</b> a tub/container</li> </ul>
7/10/19 Design a Gourmet Burger	B	<ul style="list-style-type: none"> <li>- 100 g of (lean) minced beef (or vegetarian alternative: 2 tbsp flour, 1 egg)</li> <li>- ½ onion</li> <li>- 1 garlic clove</li> <li>- ½ oxo cube</li> <li>- 1 roll OR 1 burger bun</li> <li>- EXTRA: any topping you'd like (eg.: cheese, ketchup, gherkin, onion, mayo, ...)</li> <li>- <b>BRING</b> a tub/container</li> </ul>
14/10/19 Paella	A	<ul style="list-style-type: none"> <li>- 50g Chorizo sausage OR vegetarian sausage</li> <li>- ½ onion, chopped</li> <li>- ½ red pepper</li> <li>- 1garlic clove</li> <li>- 1 cube of chicken stock</li> </ul>

		<ul style="list-style-type: none"> <li>- ½ cup of rice</li> <li>- 2tsp of Turmeric</li> <li>- 2tsp of lemon juice</li> <li>- EXTRA: handful of peas</li> <li>- <b>BRING</b> a tub/container</li> </ul>
21/10/19  Paella	A	<ul style="list-style-type: none"> <li>- 50g Chorizo sausage OR vegetarian sausage</li> <li>- ½ onion, chopped</li> <li>- ½ red pepper</li> <li>- 1garlic clove</li> <li>- 1 cube of chicken stock</li> <li>- ½ cup of rice</li> <li>- 2tsp of Turmeric</li> <li>- 2tsp of lemon juice</li> <li>- EXTRA: handful of peas</li> <li>- <b>BRING</b> a tub/container</li> </ul>