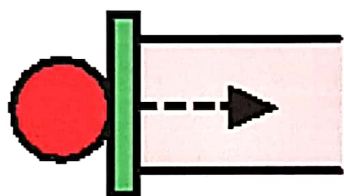


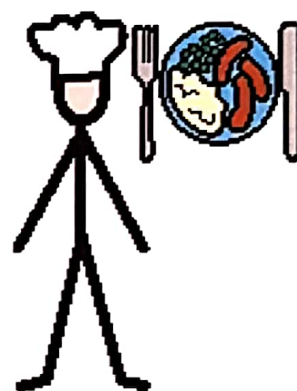
Castle School



Ready,




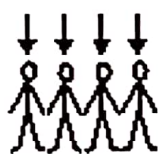


Steady,



Cook



Recipe book

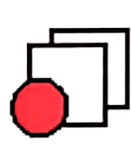










 To everyone at Castle School







 We hope you enjoy this recipe book.








 Before preparing food and cooking remember to:


 • Wash your hands


 Have fun



Contents



Fish



meals



Tuna



pasta bake

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Vegetarian



meals



Vegetable



lasagne

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Vegetable



crumble

Page 5-6



Rice



and



lentil



casserole

Page 7-8



Cheese



and



vegetable soup

Page 9-10



Vegetable

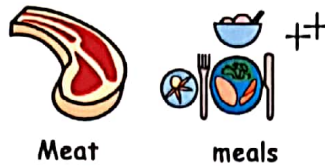


curry

Page 11-12

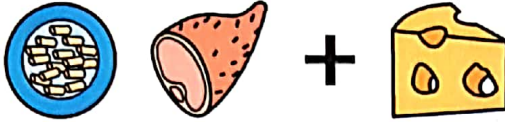


Contents



Meat

meals



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ham

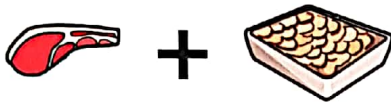
and

cheese



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Corned beef hash

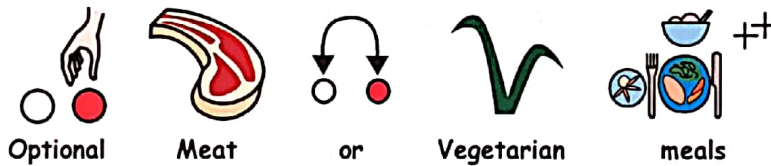


Page 17-18

Bacon

and

Potato bake



Optional

Meat

or

Vegetarian

meals



Page 19-20

Chilli con carne



Page 29-30

Sausage

and

bean

casserole



Page 21-22

Toad in the hole



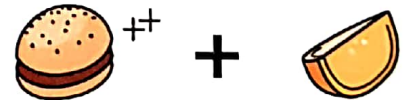
Page 31-32

Cottage pie



Page 23-24

Spaghetti bolognese



Page 33-34

Burgers

and

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Spaghetti and meatballs



Page 35-36

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Page 37-38

Chicken

pasta



Page 27-28

Sausage

pie

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Cooking

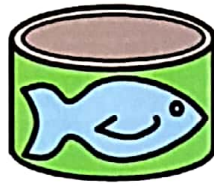
extras



Serves

4

4



Tuna



Pasta Bake



Fish



Ingredients

4



++

4

mugs

of



pasta

4



4

packets of crisps

3 7 0



3

7

0

grams



tinned tuna

1



1

mug

of



grated cheese

5 9 0



5

9

0

grams



tin

condensed cream of mushroom soup



Equipment Needed



oven



dish



mug



wooden spoon



saucepan



sieve



grater



wooden spoon





bowl










colander








Method

1  → 200°C  7



1. Preheat oven to 200c / gas mark 7.

2  the  in a  of  water  according to  instructions on the  packet.









2. Boil the pasta in a saucepan of water according to instructions on the packet.

3  the  +  it  back into the  empty saucepan.

3. Drain the pasta and put it back into the empty saucepan.

4  the  tuna.





4. Drain the tinned tuna.

5  the  and  of  soup  into the  and  mix  together with





5. Put the tinned tuna and tin of soup into the saucepan and mix together with







a wooden spoon.

6  the  in a  oven .







6. Put the mixture in a oven dish.

7  the  in a  with  the end of a rolling pin.








7. Crush the crisps in a bowl with the end of a rolling pin.

8  the  and  mix  together.

8. Add the grated cheese and mix together.

9  the  over the  and  in the  oven .

9. Sprinkle the mixture over the tuna and soup in the oven dish.

10  in the  for  20 minutes  until the  and  are .

10. Bake in the oven for 20 minutes until the cheese and crisps are browned.

11  with   or .

11. Serve with cooked tinned peas or sweetcorn.



Serves

4

4



Vegetable



Lasagne



Vegetarian



Ingredients



1 teaspoon



dried mixed herbs

12



12 sheets



no

precook



lasagne

6



6

tablespoons



flour

2



2 cans



ratatouille

600



600

ml



milk



1 tablespoon

>



of

margarine

2



2 cans



sweetcorn



salt and pepper

200



200

grams



grated



cheddar



cheese



Equipment



Needed



bowl



sieve



teaspoon



grater



oven



dish



tablespoon



whisk



saucepan



wooden spoon



measuring jug



Method

- 1** \rightarrow 190°C 5
1. Preheat the oven to 190c / gas mark 5.

- 2** + +
2. Drain the ratatouille and sweetcorn with the sieve and put in a bowl.

- 3** +
3. Add herbs and mix together.

- 4** +
4. Layer the mixture and the lasagne sheets in a oven dish.

- 5** +
5. Whisk the flour and milk in a saucepan.

- 6** +
6. Add the margarine, bring to the boil and cook on the hob for

- 2**
- 2 minutes, whisking all the time.

- 7** + +
7. Stir in 50 grams of grated cheese and some salt and pepper.

- 8** +
8. Spoon the sauce over the lasagne sheets and sprinkle the remaining cheese

-
- on top.

- 9**
9. Bake in the oven for 35 minutes until golden brown.

- 10**
10. Serve with salad or garlic bread.



Serves

3 - 4

3 - 4



Vegetarian

Vegetable Crumble



Ingredients

2



2 tablespoons

oil

1



1 red pepper

4 5 0



grams



courgettes

100



grams



mushrooms

400



400

gram



tinned tomatoes

1



1 garlic clove



pepper

1/2



1/2

teaspoon



dried mixed herbs

1 7 5



grams



cheese

3



3 slice of bread



Equipment



Needed



large



frying pan



sharp knife



oven



dish



teaspoon



tablespoon



grater



wooden spoon



bowl



Method

1 1. Preheat the oven to 200°C or gas mark 6.

2 + 2. Peel and chop the garlic and mushrooms.

3 + 3. Chop the pepper into slices. Throw away the seeds and core.

4 + 4. Chop the courgettes into slices.

5 5. Heat the oil in a large frying pan.

6 + 3 6. Fry the garlic, pepper, courgette and mushrooms for 3 minutes, stirring, until soft.

7 + 7. Add the tomatoes and break up with a wooden spoon.

8 + 8. Stir in the dried herbs and a pinch of pepper.

9 + 10 9. Reduce the heat, cover (if you have a lid) and simmer for 10 minutes, stirring occasionally.

10 + 10. Grate the cheese in a bowl and crumble the bread into the bowl.

11 + 11. Mix the grated cheese and breadcrumbs together with the wooden spoon.

12 12. Put the vegetable mixture you cooked into a oven dish.

13 + 13. Sprinkle the grated cheese and breadcrumb mixture over the top.

14 25 14. Bake in the oven for 25 minutes until turning golden on top.

15 or 15. Serve with boiled or cooked jacket potatoes.



4

Serves

4



Rice

+

and



Lentil



Casserole



Vegetarian



Ingredients

100



grams



green



lentils

175



grams



rice



1 tablespoon



margarine



1 tablespoon



oil

1



1 onion

2



2 carrots

++



1 tablespoon



tomato puree



or



ketchup



1 tablespoon



water



1 teaspoon



curry powder



salt and pepper



pitta bread



Equipment



Needed



saucepan



sharp knife



wooden spoon



peeler



tablespoon













sieve



teaspoon












Method








- 1**     of  in  the  on  the   for

















5 minutes.

- 2**    the  and    occasionally  for  another









- 15** -   until  tender.







- 3**  using  the  and   to one side. Dry  the .



- 4**    the  and   carrots.

- 5**  the  and  in  the  and   the  and





-     for 5 minutes,  stirring throughout.

- 6**  the  /  ketchup,  curry powder and  water to  the  and  stir.

- 7**  the  and  rice to  the  and  stir.

- 8**  Add some  salt and pepper.

- 9**  on  the  for **3**  minutes,  stirring throughout.

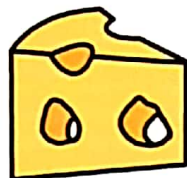
- 10**  Serve spooned  into  pitta bread  pockets.



Serves

4

4



Vegetarian

Cheese

and

Vegetable Soup



Ingredients

2



2

carrots

3



3

potatoes

100



100

grams



cheese

2



2

onions

300



ml

300

ml



milk

1/2



1/2

teaspoon



dried mixed herbs



salt and pepper

1



pint

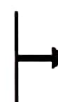
of



vegetable



stock



from

1



vegetable



stock cube



Equipment



Needed



saucepan



sharp knife



measuring jug



peeler



potato



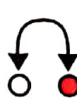
masher



kettle



wooden spoon



or



spatula








grater

















teaspoon


















Method








1  +  the  +  +  onions, carrots and potatoes.

2  a  of  from  +   boiled water.






3  the  +  +  +    with the  stock.



4  →   on the  hob,  the  heat +  and  simmer for  15 minute  until  really  soft.

5  with a  potato  masher.

6  the  cheese +  add it +  +  the milk to the  saucepan +  and stir.

7  Add the  salt and pepper +  and herbs.

8  Heat through,  stirring  until the  cheese  melts.

9  Serve with  bread.



Serves

4

4



Vegetable



Curry



Vegetarian



Ingredients

4



4 potatoes

4



4 carrots

1



1 large cauliflower



2



2 tablespoons



oil

2



2 tablespoon



curry powder

2



2 onions

++

2



2 tablespoons



tomato puree



or



ketchup

1



1 garlic clove

50



grams



frozen



or



tinned



peas

2



2 teaspoon



lemon juice



salt and pepper



Equipment



Needed

2



2 saucepans



sharp knife



teaspoon



peeler



tablespoon



wooden spoon



Method

1. + the potatoes and carrots into small cubes.

2. the cauliflower into small parts.

3. the potatoes, carrots and cauliflower in a large saucepan of boiling salted water. for



5 minutes.

4. Drain the vegetables but keep the water in the saucepan and put to one side.

5. + the onion and garlic.

6. Heat the oil in another saucepan and fry the onion and garlic stirring, for 2 minutes.

7. Add the curry powder, tomato puree / ketchup, lemon juice, and peas.

8. Add enough of the reserved water to make a thick sauce. Stir.

9. Add the part cooked vegetables, stir gently, then cover and simmer over a low heat,

stirring occasionally, until the vegetables are soft and the sauce is thicker.

10. Add more of the reserved water if needed.

11. Meanwhile, cook rice according to the instructions on packet.

12. Serve curry with a plate of cooked rice.



4

Serves

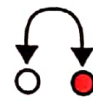
4



Chilli Con Carne



Meat



or



Vegetarian



Ingredients

2



2 tablespoons



oil

800



800

grams



tin



chopped



++
tomatoes

4



4

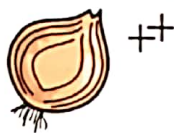
garlic cloves

2



2

large



onions

2



2

vegetable stock cubes

800



800

gram



tin



of baked beans



or



kidney beans

500



500

gram



mince



or



vegetarian



mince

4



4

teaspoons



chilli powder

4



(4

large



baking



potatoes



or



rice)



Equipment



Needed



frying pan



sharp knife



peeler



tablespoon



wooden spoon



or







spatula











teaspoons





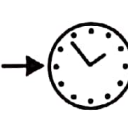
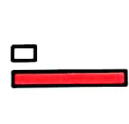


Method

1  +  the  ++ +  garlic.







2  Heat the  oil in a  frying pan.




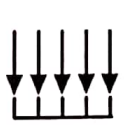


3  Add the  ++ +  +  and fry for **1**  minute.




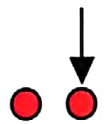

4  Add the  mince  stir +  and cook until  no longer  !






pink.

5  Add the  tinned  chopped  ++ +  crumbled stock cubes +  and chilli powder

+  and cook for  10 minutes.  Stir every  now +  and then. 

6  Add the  baked beans +  and cook for a  another **1**  minute.

7  Serve with  cooked rice or  ++ baked potatoes.



Serves

4 - 6

4 - 6



Meat

Macaroni Ham and Cheese



Ingredients



1 tablespoon



oil



1 teaspoon



English



mustard

400

400



grams



macaroni pasta

100

100



grams



creme fraiche

1 8 0

1 8 0



ml



single cream

4

4



slices

of



cooked ham

200

200



grams



cheese



salt and pepper



Equipment Needed



oven



dish



colander



grater



saucepan



tablespoon



teaspoon



large



saucepan



wooden spoon



measuring jug



Method

- 1** Fill a large saucepan with water, add a tablespoon of oil and bring it to the boil.
- 2** Add the macaroni pasta and cook for the time it says on the packet cooking instructions.
- 3** When cooked, drain the macaroni pasta using a colander.
- 4** In a second saucepan add the single cream, English mustard and creme fraiche.
- 5** Heat on the hob on a low heat, stirring it with a wooden spoon until the mixture



melts.

- 6** Grate, then add most of the cheese to the saucepan and stir until melted.
- 7** Tear up the ham slices and add them to the saucepan.
- 8** Add some salt and pepper to the saucepan.
- 9** Put the cooked macaroni pasta and the cheese mixture in an oven dish and stir them



together.

- 10** Sprinkle the remaining grated cheese over the top.
- 11** Put under a pre-heated medium to hot grill for 4 - 6 minutes until golden brown.
- 12** Serve with cooked tinned peas or sweetcorn.



4

Serves

4



Meat

Corned Beef Hash



Ingredients

400



400

grams



potatoes

1



1

tin



corned beef

1



1

tin



baked beans

1



1

onion

1



1

tablespoon



ketchup

2



2

tablespoons



butter

100



100

grams



grated cheese



salt and pepper



Equipment



Needed



oven



dish



potato



masher



saucepan



tablespoon



frying pan



wooden spoon





sharp knife







grater



Method

1  → 180°C  4



1. Preheat oven to 180°C / gas mark 4.

2   with a pinch of  for  20 minutes.






2. Boil potatoes with a pinch of salt for 20 minutes.

3   with 2 tablespoons of  1  of  +  salt and pepper.





3. Mash potatoes with 2 tablespoons of milk, 1 tablespoon of butter and salt and pepper.

4  

4. Chop onion.

5   with 1  of  for  5 minutes until  golden.

5. Fry onion with 1 tablespoon of butter for 5 minutes until golden.

6   +  into  oven dish.



6. Chop corned beef and crumble into oven dish.

7   on top of  corned beef.





7. Put cooked onion on top of corned beef.

8   +  +  together in the  oven dish.



8. Add baked beans and ketchup and mix together in the oven dish.

9  the mixture with the back of a  wooden spoon.





9. Flatten the mixture with the back of a wooden spoon.

10   on top, then  spread out with a  fork.

10. Put mashed potato on top, then spread out with a fork.

11   on top.

11. Sprinkle grated cheese on top.

12   middle shelf of  oven for  30 minutes.

12. Bake on middle shelf of oven for 30 minutes.

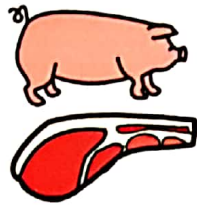
13   with more  cooked baked beans or  salad.

13. Serve with more cooked baked beans or salad.



4

Serves 4



Bacon

+

and



Potato Bake



Meat



Ingredients

2



2 tablespoons



oil

6



6 potatoes

2

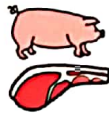


2 onions

12



12 rashers of bacon



2



2 tomatoes

++

1



1 mug of milk



1



1 mug of grated cheese



pepper



Equipment Needed



frying pan



sharp knife



mug



grater



peeler



oven



dish



wooden spoon



or



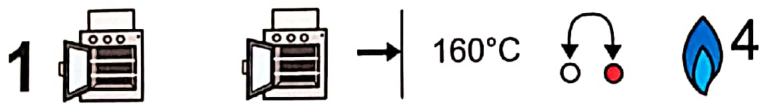
spatula



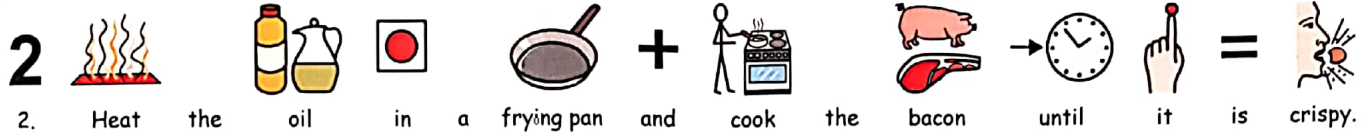
chopping board



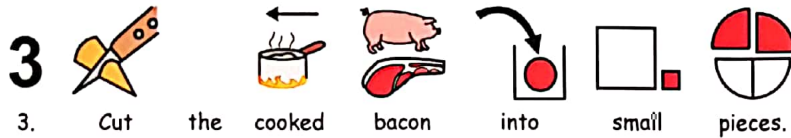
Method



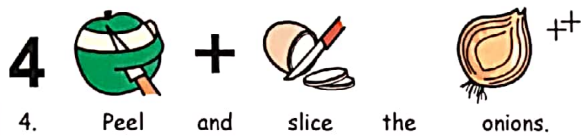
1. Preheat the oven to 160c or gas mark 4.



2. Heat the oil in a frying pan and cook the bacon until it is crispy.



3. Cut the cooked bacon into small pieces.



4. Peel and slice the onions.



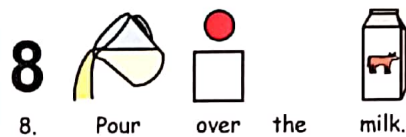
5. Fry the onions in the frying pan until they start to brown.



6. Layer the potatoes, onions, tomatoes and bacon in the oven dish.



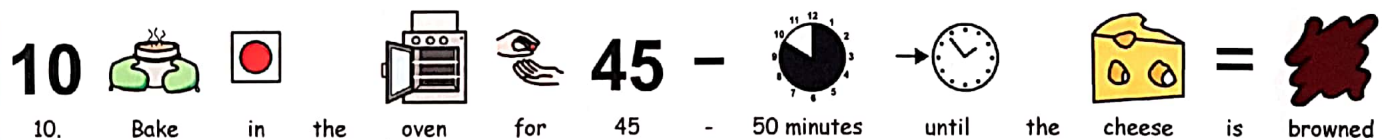
7. Add salt and pepper on top.



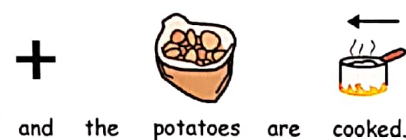
8. Pour over the milk.



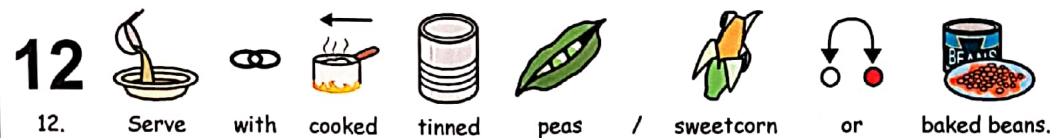
9. Grate the cheese and sprinkle over the top.



10. Bake in the oven for 45 - 50 minutes until the cheese is browned



and the potatoes are cooked.



12. Serve with cooked tinned peas / sweetcorn or baked beans.



Serves

4

4



Toad in the Hole



Meat



or



Vegetarian



Ingredients

100

100



grams



plain



flour

3

3



large



eggs

$\frac{1}{2}$

1/2



teaspoon



salt and pepper

300

300



ml



milk

8

8



sausages



(pork



or



vegetarian)

4

4



tablespoons

+



vegetable oil



or



sunflower oil



Equipment



Needed



sieve



whisk



bowl



tablespoon



roasting



tray



teaspoon



measuring jug



wooden spoon





frying pan



fork









Method

1  → 200°C  6

1. Preheat oven to 200c / gas mark 6.

2     +    








2. Crack the eggs into a measuring jug and beat them with a fork.

3      








3. Sift the flour with a sieve into bowl.

4  → 









4. Add salt and pepper to the bowl.

5       








5. Make a hole in the centre of the flour using the fork.

6      +  → 







6. Pour the beaten eggs into the hole and begin to stir.

7        








7. Now add the milk as you stir, a little at a time.

8   →   +   









8. Whisk the mixture until smooth and there are no lumps.

9      20 - 

9. Chill the mixture in the fridge for 20 - 30 minutes.

10       









10. Fry the sausages in a frying pan with a little oil.

11        







11. Heat the remaining oil in a roasting tray in the oven.

12  +    

12. Take out of the oven and place the sausages in the roasting tray.

13    +     

13. Pour the mixture over the sausages and cook in the oven for 40 minutes.

14  +    +  

14. Cut and serve with cooked vegetables and onion gravy.



4

Serves

4



Spaghetti Bolognese



Meat



or



Vegetarian



Ingredients

2



2 tablespoons



oil

2



2 tablespoons



tomato puree



or



ketchup

10



10 mushrooms

2



2

onions

2



2 teaspoons



mixed dried herbs

2



2 teaspoon



sugar

4



4

garlic cloves



salt and pepper

2



2

beef



or



vegetable



stock cubes

2 x 400

2

x

400



gram



tinned



chopped



tomatoes

500

500



gram



beef



mince



or



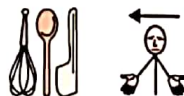
Vegetarian



mince



spaghetti



Equipment Needed



large



saucepan



colander



sharp knife



tablespoon



teaspoon















wooden spoon




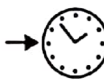






Method

1  +  the  +  garlic.

2  Heat the  oil in a  large  saucepan on the  hob.

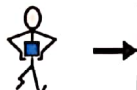



3  Add the  onion and  garlic to the  large  saucepan and  fry for **1**  minute.

4  Add the  mince and  cook until  no longer  pink.






5  Peel and  chop the  mushrooms.

6  Add the  tinned tomatoes,  tomato puree /  ketchup,  mushrooms and  sugar.

7  Crumble the  stock cube into the  pan and  stir well with a  wooden spoon.






8  Bring to the  boil then  simmer gently for **10**  minutes.

9  Add the  herbs and  some salt and pepper **1**  minute before the **10**  minutes are finished.

10  Meanwhile,  cook the  spaghetti according to the  instructions on the  packet.

11  Drain the  spaghetti and  add a little  oil to  stop it sticking together and

 stir.

12  Serve the  spaghetti on a  plate with the  sauce you  have made on top.



Serves 4



Spaghetti and Meatballs



Meat



or



Vegetarian



Ingredients

4

4 cream crackers

2

2 tablespoons



oil

1

1 garlic clove



500

500 grams



beef



mince



or



vegetarian



mince

2

2 onions



++

400

400 gram



tin



chopped



tomatoes

++

1

1 small



carrot



2

2 tablespoons



tomato puree



or



ketchup

1

1 egg



salt and pepper

500

500



grams



spaghetti



Equipment



Needed



wooden spoon



plastic bag



rolling pin



sharp knife



large



frying pan



tablespoon



teaspoon



peeler



large



bowl



spoon



large



saucepan



plate



Method

1. Put the cream crackers in a clean plastic bag and bash them gently with a rolling pin until crushed.

2. Put the mince in a large bowl and add the dried herbs and crushed cream crackers.

3. Knock the egg gently on the side of the bowl and crack the egg into the bowl.

4. Mix the mince mixture together with your clean hands.

5. Take a spoonful of mixture and roll it in your hands into a small ball. Make 16

meatballs and put them on a plate in the fridge for 20 minutes to chill.

6. Wash your hands.

7. Add the oil to a large saucepan and heat on the hob.

8. Peel and chop the onion, garlic and carrots.

9. Fry the chopped onion, garlic and carrots in the saucepan for 6 minutes.

10. Add the tinned tomatoes and tomato puree and stir with a wooden spoon.

11. Add Salt and pepper to the saucepan and simmer the mixture for 15 minutes on a low heat.

12. In a frying pan add a tablespoon of oil and cooked the meatballs for 4 minutes until brown.

13. Add the meatballs to the large saucepan and stir with a wooden spoon. Simmer for 5 minutes.

14. Meanwhile, cook spaghetti in a large saucepan of boiling water. Follow the cooking instructions on the

spaghetti packet for times and amount needed.

15. Serve the cooked meatballs and sauce on a plate of cooked spaghetti.



Serves

4 - 6

4

-

6



Sausage



Pie



Meat



or



Vegetarian



Ingredients

6



6

sausages



(pork



or



vegetarian)

4



4

egg



boiling



water



salt and pepper

3

7

5



3

7

5

grams



puff pastry



Equipment



Needed

25



25

cm



square



oven



dish



sharp knife



rolling pin



fork



kettle



small



bowl



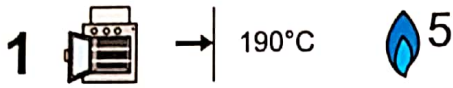
large



bowl



Method



1. Preheat oven to 190c / gas mark 5.



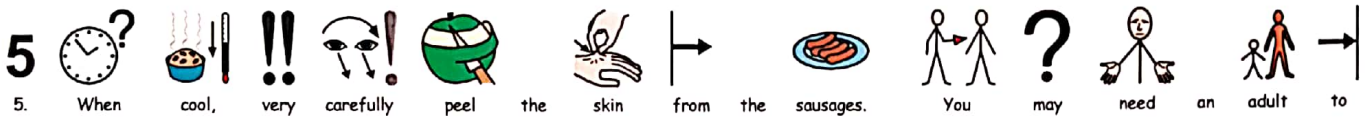
2. Boil a kettle of water.



3. Put sausages in a large bowl.



4. Cover the sausages with boiling water from the kettle. Leave until cool.



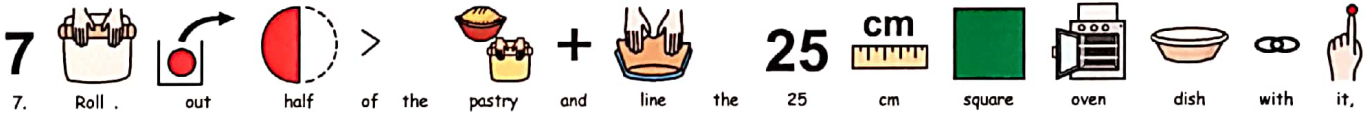
5. When cool, very carefully peel the skin from the sausages. You may need an adult to help with this. Throw away the sausage skins.



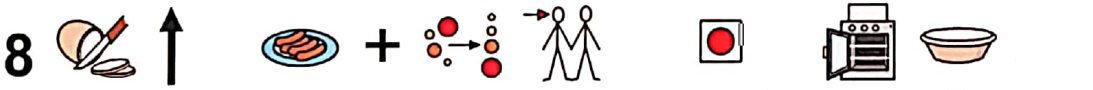
6. Cut the pastry in half.



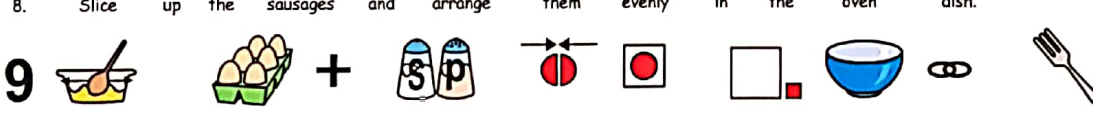
7. Roll out half of the pastry and line the 25 cm square oven dish with it.



8. Slice up the sausages and arrange them evenly in the oven dish.



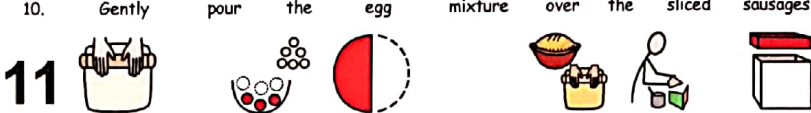
9. Beat the eggs and salt and pepper together in a small bowl with a fork.



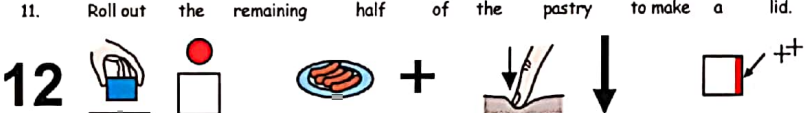
10. Gently pour the egg mixture over the sliced sausages.



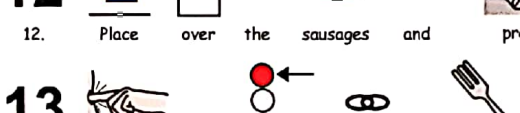
11. Roll out the remaining half of the pastry to make a lid.



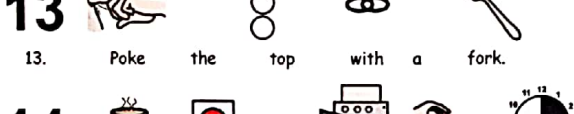
12. Place over the sausages and press down the edges.



13. Poke the top with a fork.



14. Bake in the oven for 45 minutes.



15. Serve with cooked frozen or tinned vegetables and gravy.



Serves

4

4



Sausage

+

and



Bean



Casserole



Meat



or



Vegetarian



Ingredients

8



8 sausages



(pork,



beef



or



Vegetarian)

2



2 tablespoons



oil

2



2 garlic cloves

2



2 onions

2



2 green peppers



2 x 400

2 x 400



grams



tin



chopped



tomatoes

100



100

grams



grated cheese

2



2 tablespoons



Worcestershire sauce



(omit



if



Vegetarian)

2 x 400

2 x 400



gram



in



baked beans



salt and pepper



Equipment



Needed



wok



or



large



frying pan



wooden spoon



saucepan



tablespoon



sharp knife



plate



Method

1 Heat the oil in a wok or large frying pan.

2 Fry the sausages according to instructions on the packet.

3 Take out of the wok / frying pan and put on a plate.

4 Tip out excess oil from wok / frying pan.

5 Peel and chop the onion and garlic.

6 Cut the peppers into slices.

7 Fry the onion, garlic and peppers for 2 - 3 minutes.

8 Add salt and pepper.

9 Add the tinned tomatoes, tomato puree / ketchup and Worcestershire sauce (if using) and cook

on the hob for 5 - 6 minutes.

10 Cut each sausage into 4 and add to the wok / frying pan.

11 Add the baked beans and stir with a wooden spoon.

12 Serve with cooked rice or jacket potatoes



4

Serves

4



Cottage Pie



Meat



or



Vegetarian



Ingredients

500



grams



beef



mince



or



vegetarian



mince

1



1 garlic clove

1



1 onion

2



++

2 carrots



1 tablespoon



oil



salt and pepper

1



tin



chopped



++

tomatoes

2



2 tablespoons



tomato puree



or



ketchup

25



25

grams



margarine



1 tablespoon



Worcestershire sauce



(omit



if



Vegetarian)



1 teaspoon



dried herbs

10



10



ml



milk

200



200



ml



beef



or



vegetable



stock

7 5 0

7

5

0



grams



potatoes



Equipment



Needed



oven



dish



peeler



teaspoon



saucepan



tablespoon



potato



masher



frying pan



wooden spoon



sharp knife



Method

1. Peel the carrots and slice them.

2. Peel and chop the onion and garlic.

3. Fry the carrots, onion and garlic with some oil in a frying pan

4. for 4 minutes.

4. Add the mince to the frying pan and fry for 5 minutes until brown.

5. Add the chopped tomatoes, herbs, stock, tomato puree, worcestershire sauce (if using) and salt and pepper to the frying pan and stir it together with a wooden spoon.

6. Simmer on the hob for 45 minutes, stirring occasionally with a wooden spoon.

7. Meanwhile, peel the potatoes.

8. Boil the potatoes in a saucepan of water for 20 minutes.

9. Drain the potatoes.

10. Add milk and margarine and mash with the potato masher.

11. After 45 minutes, put the mince mixture in an oven dish and top with the mashed potato.

12. Put under a preheated grill until the top starts to brown.

13. Serve with cooked tin of peas.



4

Serves

4



Burger

+

and



Potato Wedges



Meat



or



Vegetarian



Ingredients

8



8 potatoes

5



5 tablespoons



oil



salt and pepper

500



500

gram

mince

or

Vegetarian

mince

1



1 egg

4



4

burger

buns



ketchup

/



mayonnaise



lettuce

/



tomato

/



cheese



slice



Equipment



Needed



large



frying pan



sharp knife



bowl



baking tray



tablespoon



fork



wooden spoon



or



spatula



pastry



brush



Method

1 → **200 c** **7**

1. Preheat the oven to 200 c or gas mark 7.

2 **6**

2. Cut the potatoes in half length ways, then cutting each half into 6 wedges.

3

3. Brush some oil on a baking tray..

4

4. Put the potato wedges on the baking tray spread apart and brush them with more oil.

5

5. Add salt and pepper over the top.

6 **25 - 30**

6. Bake in the oven for 25 - 30 minutes.

7

7. Beat the egg in a bowl and add the mince and mix together.

8

8. Add salt and pepper.

9 **4**

9. Divide the mixture into 4 and shape the burgers with your hands so they are

2 cm

each about 2 cm thick.

10 **2** **4**

10. Heat the remaining oil in a large frying pan. Add 2 burgers. and cook for 4

- 5 **4 - 5**

- 5 minutes, then carefully turn them over and cook for a further 4 - 5 minutes.

11 **10** **2**

11. Repeat instruction 10. for the remaining 2 burgers.

12

12. Put burgers in each bun, add salad and sauces of your choice.

13

13. Serve burgers with potato wedges.



Serves

4

4



Chicken



curry



Meat



or



Vegetarian



Ingredients

2



2 tablespoons oil

2



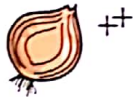
2 potatoes

6



6 garlic cloves

2



2 onions

2



2 chicken



or



vegetable



stock cubes

4



4 chicken breasts



or



Vegetarian



meat-free pieces

2



2 dessert spoons



2 spoons



flour

1

and

1/2

1/2



mug

of



water

2



2 tablespoons



curry powder



or



paste

6



6 tablespoons



natural



yoghurt



rice



Equipment Needed



wok



or



large



frying pan



sharp knife



mug



peeler



tablespoon



saucepan



wooden spoon



or



spatula







dessert




spoon





Method








1.  +  the onions +  +  garlic.

2.  the potatoes +  +  +  them into  small cubes.





3.  Heat the  oil in the  wok /  frying pan.









4.  Fry the  onion,  garlic +  and potato for  2 minutes.

5.  If using meat,  cut the  chicken breasts +  into  small pieces.





6.  Put the  chicken /  meat free pieces in the  wok /  frying pan.  Cook for  2 - 3






 minutes until  cooked.





7.  Add the  flour +  and stir  well.




8.  Add the  water,  curry powder /  paste +  and crumbled  stock cubes +  and stir  well.

9.  Bring to the  boil +  and simmer for  10 - 15 minutes until  the chicken or 

 vegetarian  meat free pieces +  and vegetables are  cooked.

10.  Stir in the  natural yoghurt +  and gently  cook for  1 minute.

11.  Meanwhile,  cook the  rice according to the  packet instructions.

12.  Serve curry with a  plate of  cooked rice.



4

Serves

4



Chicken



Pasta



Meat



or



Vegetarian



Ingredients

250

250



grams



macaroni



or



fusilli pasta



1 tablespoon



oil

1 2 5

1

2

5



grams



mixed



frozen



vegetables

6

6



tablespoons

++



mayonnaise

3 2 5

3

2

5



grams



chicken breasts

++



or



Vegetarian



meat free pieces



salt and pepper

1



1 garlic clove

50

50



grams



grated cheese



Equipment Needed



colander



wooden spoon



or



spatula



frying pan



saucepan



tablespoon



grater








chopping board




sharp knife









Method




- 1**   of the saucepan with  water and bring to the boil on the hob.  





- 2**  Add the pasta and simmer for 10 minutes.  

- 3**  Add the frozen vegetables to the pasta for the last 2 minutes of the cooking time.   







- 4** If using meat, rinse the chicken with cold water.   





- 5** If using meat, on the chopping board, cut the meat into small squares.      





- 6**  Peel and cut up the garlic.  






- 7**  Heat the oil in the frying pan and add the chicken or   

-   +  vegetarian meat free pieces and garlic.

- 8**  Fry for about 5 minutes, stirring from time to time until brown and cooked through.     

- 9**  Drain the cooked pasta and vegetables into the colander.   

- 10**  Put the cooked pasta and vegetables back into the empty saucepan.   

- 11**  Add the mayonnaise, chicken or vegetarian meat free pieces and a little salt and pepper to the saucepan.    

- 12**  Stir the mixture together with the wooden spoon.  

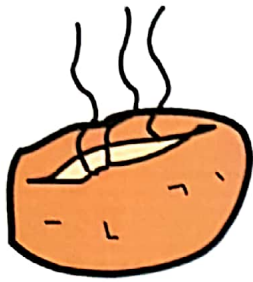
- 13**  Serve with a sprinkle of grated cheese on top.  



Cooking

+1

Extras



Jacket Potato



Poke



with

a



fork,



wrap



in



tinfoil



and



bake



in



oven



for

1

hour



hour



and



30 minutes.



Boiled



potatoes



Boil



in

a



saucepan

of



water



for



25 minutes.



Rice



Boil



in

a



saucepan

of



water



for

15 - 20

15

-

20



minutes.



Pasta



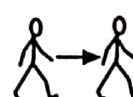
Cooking



times



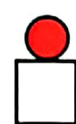
vary.



Follow



instructions



on

the



packet.



+1

Cooking

Extras



Tinned



peas

/



Sweetcorn



Can

=



be



cooked



in

a



saucepan



on

the



hob



or

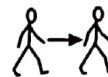


in

the



microwave.



Follow



instructions



on



tin.



Garlic bread



Baked

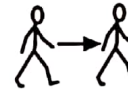


in

the



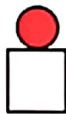
oven.



Follow



instructions



on

the



packet.



Baked beans



Can

=



be

cooked



in



a saucepan



on

the



hob



or

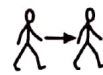


in

the



microwave.



Follow



instructions



on

the



tin.



Frozen vegetables



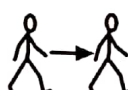
Cooking



times



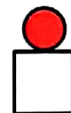
vary.



Follow



instructions

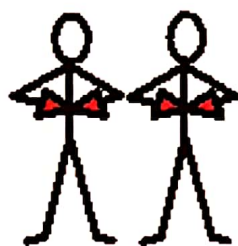


on

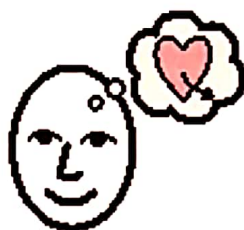
the



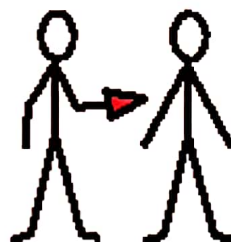
packet.



We



hope



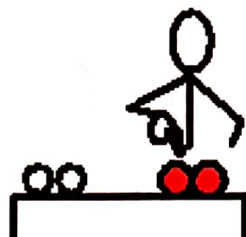
you



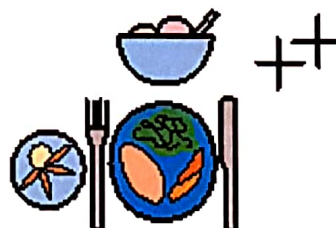
enjoy



cooking



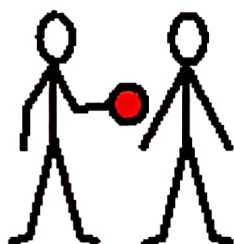
these



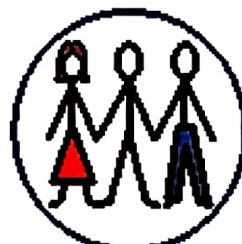
meals



with



your



family.