

Year 7

RECIPE FOR

Fruit Salad

FROM THE KITCHEN OF



SERVES:

2

PREP TIME:

10 minutes

TOTAL TIME:

15 minutes

OVEN TEMP:

N/A

INGREDIENTS:

1 apple

1 satsuma

1 pear

1 kiwi

Seedless grapes (6-8)

100 ml apple juice

METHOD / DIRECTIONS:

Fruit Salad Method

1. Wash the apple, cut in half remove the core and dice. Place in the mixing bowl and add fruit juice.
2. Wash the pear, cut in half then quarter, remove the core and dice. Add to the bowl.
3. Wash the grapes, cut in half and add to the bowl.
4. Peel the skin off the kiwi, cut in half then dice and add to the bowl.
5. Peel and segment the satsuma, cut in half and add to the bowl.
6. Mix all the ingredients together. Make sure the fruit is coated in the fruit juice.



Year 7

RECIPE FOR

Pitta Pizza

FROM THE KITCHEN OF



SERVES:

2

PREP TIME:

10 minutes

TOTAL TIME:

20 minutes

OVEN TEMP:

180 ° C

INGREDIENTS:

4 x plain pitta bread
150g mild/ medium cheddar cheese
1 pepper (any colour)
½ white or red onion
2 tablespoons tomato puree mixed
with 1-2 tablespoons water
1 teaspoon mixed herbs

Additional toppings of your choice

METHOD / DIRECTIONS:

Pitta Pizza Method

1. Cover a baking tray with foil and place the 2 pitta's on the tray.
2. Grate the cheese and set aside.
3. Dice the pepper and onion into small pieces and set aside.
4. Mix 1 tablespoon of tomato puree with 2 tablespoons of water in a small bowl then spread evenly over the pitta's.
5. *Sprinkle mixed herbs over the tomato puree.
6. Spread the diced pepper and onion evenly over the pitta's.
7. Spread the grated cheese over the vegetables.
8. Place the baking tray in the oven and bake for 5-10 mins.
9. Remove carefully from the oven and serve hot.



Year 7

RECIPE FOR

Couscous Salad

FROM THE KITCHEN OF



SERVES:

2

PREP TIME:

15 minutes

TOTAL TIME:

20 minutes

OVEN TEMP:

N/A

INGREDIENTS:

1 - 2 spring onions
5 - 6 cherry tomatoes
½ a small cucumber
quarter slice lemon
½ a yellow pepper (optional)
1 vegetable stock cube
15ml sunflower oil (tbsp.)
pepper to season

100g of couscous
100ml – 120ml of water

METHOD / DIRECTIONS:

Cous Cous Salad Method

1. Mix 100ml of boiling water and a stock cube together in a measuring jug.
2. Put the couscous in a saucepan, pour the stock mixture over it and stir together.
3. Cover the saucepan with the lid and leave to stand for approx. 5 minutes until all the water is absorbed.
4. Wash all the vegetables, then peel the spring onions, dice them finely and put in a mixing bowl.
5. Next chop the cherry tomatoes and cucumber into smaller pieces and add to the mixing bowl.
6. Add 15ml of oil (2 tbsp) to the vegetables then add the juice of a quarter lemon and mix together.
7. Remove the lid from the couscous, check that all the water is absorbed and fluff up with a fork.
8. Add the couscous gradually to the vegetable mixture and combine.
9. Season the couscous salad with pepper to taste and transfer to a container.



Year 7

RECIPE FOR

Fruit Crumble

FROM THE KITCHEN OF



SERVES:

2-3

PREP TIME:

10-15 mins

TOTAL TIME:

30 mins

OVEN TEMP:

180 degrees

INGREDIENTS:

FILLING

- 1 large cooking apple
- 1 tablespoon sugar
- ½ teaspoon of cinnamon

CRUMBLE

- 150g plain flour
- 75g block margarine or butter
- 50g sugar

METHOD / DIRECTIONS:

Fruit Crumble Method

1. Put a tablespoon of sugar and a half teaspoon of cinnamon in a small bowl, mix together and set aside.
2. Put the flour in a large mixing bowl, add the remaining sugar and mix.
3. Add the butter or margarine to the mixing bowl and use the rubbing in method to combine the ingredients together until it becomes a crumbly, sandy texture.
4. Peel, quarter and core the apple then cut it into thin slices.
5. Place the apple slices into an oven proof container and sprinkle the sugar and cinnamon over the fruit.
6. Then sprinkle the crumble over the fruit and pat down slightly with the back of the spoon.
7. Bake for 20 mins until golden



Year 7

RECIPE FOR

Chicken Fajitas

FROM THE KITCHEN OF



SERVES:

2

PREP TIME:

10 mins

TOTAL TIME:

20 mins

OVEN TEMP:

n/a

INGREDIENTS:

100g boneless chicken
(vegetarian option –
quorn pieces)
2 plain or herb tortillas
1 red or white onion
1 pepper (or ½ red pepper
and ½ yellow/green
pepper)
fajita spice mix

METHOD / DIRECTIONS:

Chicken Fajita Method

1. Chop the onion and pepper into thin slices. Put the onion in a small bowl.
2. Dice the chicken into cubes (when finished wash your hands and your knife).
3. Turn the hob on and set it to a medium flame.
4. Add 1 tablespoon of oil to the saucepan put the saucepan on the hob.
5. Add the onions to the saucepan and fry them, stirring occasionally until they turn translucent or are slightly browned.
6. Add the chicken pieces and cook until they are golden brown or till the meat is above 72°C.
7. Add the peppers, stir occasionally and cook till they are soft.
8. Sprinkle the fajita mix over the chicken and vegetables and stir until it is mixed in. (Turn off the hob)
9. Lay out 2 tortillas on the white tray.
10. Using a spoon and put half of the chicken and vegetables in the centre of each tortilla.
11. Wrap up the tortilla and enjoy!

