

Year 9

RECIPE FOR

Carrot and Lentil soup

FROM THE KITCHEN OF



SERVES:

4

PREP TIME:

15 mins

TOTAL TIME:

25 mins

OVEN TEMP:

n/a

INGREDIENTS:

375-400g carrots, washed and coarsely grated (no need to peel)
50g split red lentils

1 small white onion
2 cloves of crushed garlic
2 teaspoons cumin seeds
1 teaspoon turmeric
1 teaspoon paprika
1 vegetable stock cube, dissolved in 400ml hot water
2 tbsp vegetable oil



METHOD / DIRECTIONS:

Recipe for: Carrot and Lentil Soup

*Serves 4

*Total cooking time: 25mins

Ingredients (per pair):

375-400g carrots, washed and coarsely grated (no need to peel) 
50g split red lentils 








1 small white onion
2 cloves of crushed garlic
2 teaspoons cumin seeds
1 teaspoon turmeric
1 teaspoon paprika
1 vegetable stock cube, dissolved in 400ml hot water
2 tbsp vegetable oil

Tips

- * Make sure oil is hot before adding cumin seeds
- * Don't burn the garlic when frying it
- * When blending the soup keep the blender low in the pan so the mixture doesn't splash out

Allergens – None

Method:

1. Heat the oil in a saucepan, then add the cumin seeds and fry until they release an aroma. 
2. Add the onions, fry for 3 mins until slightly opaque. 
3. Add the garlic and fry for another minute – do not allow it to burn. 
4. Add the carrots, turmeric and paprika and fry for 2-3 mins 
5. Add the lentils and vegetable stock and bring to a boil. 
6. Simmer for 10 mins until the lentils have swollen and softened. 
7. Remove the pan from the heat. Set it on a stable surface and blend the ingredients until smooth and thick. 

Year 9

RECIPE FOR

Chicken Curry

FROM THE KITCHEN OF



SERVES:

2

PREP TIME:

20 mins

TOTAL TIME:

45 mins

OVEN TEMP:

n/a

INGREDIENTS:

380-400g of chicken fillet
400g can chopped tomatoes
250ml chicken stock
1 large onion
2 ginger garlic cubes
4 tbsp vegetable oil
2 tsp cumin seed
1 tsp mustard seed
1 tsp cinnamon powder
1 tsp chilli powder
1 tsp garam masala
1 tsp turmeric
1 tsp caster sugar

METHOD / DIRECTIONS:

Recipe for: Chicken Curry

*Serves 2

*Total cooking time: 35-40minutes

Ingredients (per pair):

380-400g of chicken fillet
400g can chopped tomatoes
250ml chicken stock
1 large onion
2 ginger garlic cubes
4 tbsp vegetable oil
2 tsp cumin seed
1 tsp mustard seed
1 tsp cinnamon powder
1 tsp chilli powder
1 tsp garam masala
1 tsp turmeric
1 tsp caster sugar
2-3 sprigs of fresh coriander

Method:

1. Coarsely grate the onion, transfer to a small bowl and set to one side
2. Cut the chicken fillet into 3cm chunks
3. Heat the oil in a pan set over a medium heat. Combine the cumin, mustard seeds, cinnamon powder and chilli powder then add to the pan. Stir for about 30 secs until the spices release a fragrant aroma.
4. Add the grated onion paste and fry until the onions turn dark golden - this should take about 7-8 mins.
5. Add the garlic and ginger cubes and cook for another 2 mins - stirring all the time.
6. Stir in the garam masala, turmeric, and sugar and continue cooking for 20 secs before tipping in the tomatoes.
7. Continue cooking on a medium heat for about 10 mins without a lid until the tomatoes reduce and darken.
8. Add the chicken to the pan once the tomatoes have thickened to a paste. Cook for 5 mins to coat the chicken in the masala and seal in the juices.
9. Pour over the chicken stock. Simmer for 8-10 mins without a lid until the chicken is tender and the masala thickens. Add some more stock or water if the curry is too thick.
10. Remove from heat, sprinkle with chopped coriander and serve.



Tips

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Allergens -

Year 9

RECIPE FOR

Mushroom Risotto

FROM THE KITCHEN OF



SERVES:

4

PREP TIME:

20 mins

TOTAL TIME:

40 mins

OVEN TEMP:

n/a

INGREDIENTS:

100g mushrooms
150g Arborio rice
2 cloves garlic crushed
½ tsp dried thyme (optional)
½ tsp ground black pepper
2 tbsp. oil
1 small – med onion
1 vegetable stock cubes
500ml water, boiling




METHOD / DIRECTIONS:

Recipe for: Mushroom Risotto

*Serves 4

*Total cooking time: 40 minutes

Ingredients (per pair):

100g mushrooms 
150g Arborio rice 
2 cloves garlic crushed
½ tsp dried thyme (optional)
½ tsp ground black pepper
2 tbsp. oil
1 small – med onion
1 vegetable stock cubes
500ml water, boiling 

Method:

1. Peel and dice the onion. Peel & crush garlic.
2. Wash and slice the mushrooms.
3. Make the stock and set aside – add stock cube to boiling water and stir.
4. Fry the onion till they are softened.
5. Add the garlic and fry for 30sec-1min – till the aroma releases (don't burn the garlic)
6. Add the mushrooms, and fry for another 2-3mins
7. Stir in the rice and fry for 1 min till the corners of the grains start to turn transparent.
8. Add a little bit of the stock to the rice. Wait for the stock to be absorbed, stirring constantly.
9. Add black pepper and (optional) thyme
10. Continue adding the stock a little at a time until the rice cooks - this will take 20 - 25 minutes. The rice should be soft, but still retain a nutty bite.
11. Stir in the knob of butter and cheese, then serve hot.



Tips

* Don't burn the garlic and onions when frying it
* Add a little bit of stock at a time.

Allergens – Butter and cheese (dairy)

Year 9

RECIPE FOR

Tortilla Quiche

FROM THE KITCHEN OF



SERVES:	4
PREP TIME:	15 mins
TOTAL TIME:	35 min
OVEN TEMP:	180 degrees



INGREDIENTS:

70g medium cheddar cheese, grated
2 tbsp olive oil (1 for the pan and 1 for the tortilla's)
4 large tortilla wraps
4 eggs
200ml whole milk
6-8 cherry tomatoes, halves
3 florets of broccoli
2 – 3 stems of spring onion
¼ teaspoon ground pepper
1/2 teaspoon mixed herbs

METHOD / DIRECTIONS:

Recipe for: Broccoli, Cheese and Tomato Tortilla Quiche

Ingredients (per pair):

70g medium cheddar cheese, grated 
2 tbsp olive oil (1 for the pan and 1 for the tortilla's)
4 large tortilla wraps
4 eggs
200ml whole milk 
6-8 cherry tomatoes, halves
3 florets of broccoli
2 – 3 stems of spring onion
¼ teaspoon ground pepper
1/2 teaspoon mixed herbs

*Serves 4

*Total cooking time: 40 minutes

Preheat oven to gas mark 4 or 180 degrees

Method:

1. Grease 20cm cake tin with 1 tbsp of oil
2. Use the remaining olive oil to brush over the tortillas, then cut two of the tortilla's in half.
3. Lay a whole tortilla in base of tin, and overlap the halves around the edges of the rim, lay the remaining whole tortilla wrap on top of the first in the base.
4. Crack the eggs into a jug and whisk them.
5. Add the milk, ground pepper and herbs, then whisk again to combine.
6. Chops the cherry tomatoes in halves.
7. Chop the spring onions finely.
8. Cut the broccoli florets into smaller pieces
9. Grate the cheese.
10. Scatter the tomatoes, onions and broccoli over the tortilla base, then scatter the cheese over the vegetables.
11. Pour the egg mixture over all the ingredients.
12. Bake for 40-45 mins until golden.



Tips

- The broccoli florets should be small so they can cook.

Allergens

Eggs
Milk
Cheese

Year 9

RECIPE FOR

Pineapple Upside-down Cake

FROM THE KITCHEN OF



SERVES:

6

PREP TIME:

15 mins

TOTAL TIME:

35 mins

OVEN TEMP:

180 degrees

INGREDIENTS:

For the topping

50g softened butter
50g light soft brown sugar
4 pineapple
5 glacé cherry

For the cake

100g softened butter
100g golden caster sugar
100g self-raising flour
1 tsp baking powder
1 tsp vanilla extract
2 tbsp pineapple syrup
2 eggs

METHOD / DIRECTIONS:



Recipe for: Upside down pineapple cake

*Serves 6





*Total cooking time: 40 minutes

Ingredients (per pair):

For the topping

50g softened butter 
50g light soft brown sugar 
4 pineapple
5 glacé cherry

For the cake

100g softened butter 
100g golden caster sugar 
100g self-raising flour 
1 tsp baking powder 
1 tsp vanilla extract
2 tbsp pineapple syrup
2 eggs

Tips

*All the mixture should be mixed together well
* Spread the topping quarter of the way up the sides of the tin

Allergens – Butter and eggs

Method:

1. Heat oven to 180C/160C fan/gas 4
2. For the topping, beat the butter and sugar together until creamy.
3. Spread over the base and a quarter of the way up the sides of a 20-21cm round cake tin.
4. Arrange pineapple rings on top, then place cherries in the centres of the rings.
5. Cream together the butter and sugar.
6. Add 2 eggs and mix together.
7. Add baking powder, vanilla extract and pineapple syrup.
8. Sieve in the flour and beat to a soft consistency.
9. Spoon the mixture in the tin on top of the pineapple and smooth it out so it's level.
10. Bake for 35 mins. Leave to stand for 5 mins, then turn out onto a plate.

