

Mini Carrot Cakes

Ingredients

75g margarine

125g grated carrots

50g sugar

1 large egg

100g S R Flour

1 tsp baking powder

1 tsp cinnamon

60g sultanas (or other dried fruit)

Container

6 Muffin Cases

Apron

Macaroni / Cauliflower Cheese

Ingredients

100g macaroni OR a small cauliflower

100g grated cheddar cheese

25g plain flour

25g margarine

250ml semi skimmed milk

½ tsp dry mustard powder

Salt and pepper

Tomato and parsley to garnish

Oven proof dish and tin foil to cover

Apron

Tomato, Cheese and Basil Tart

Ingredients

1 small packet of ready made short crust pastry

2 tomatoes

Handful of basil leaves

2 eggs

125ml semi skimmed milk

50g grated cheese

Black pepper

Flan dish and tin foil to cover

Apron

Savoury Rice

Ingredients

1 small onion
3 mushrooms
½ red pepper
1 tomato
2 tsp oil
150g long grain rice
550ml water, boiling
1 vegetable stock cube
50g peas
2 tsp curry powder

Container

Apron

Pizza

Ingredients

250g Strong Plain Flour

1 level tsp salt

1 rounded tsp dried yeast

125ml water

1 tblsp oil

Topping

2 tblsp tomato puree

100g grated cheese

Salt and pepper

50g mushrooms

1 small onion

Pinch oregano or mixed herbs

1 tomato

Container

Apron

Spicy Bean Burgers

Ingredients

1 slice bread

1 small onion

1 medium green chilli

1 x 400g can red kidney beans

1 tsp chilli powder

1 tsp dried mixed herbs

Container

Apron

Turkey Burgers

Ingredients

1 small onion

250g lean turkey mince

1 tsp dried mixed herbs

1 tsp worcestershire sauce

Ground black pepper

1 tblsp vegetable oil

Container

Apron

Chicken Curry

Ingredients

250g chicken breasts – cut into small pieces

1 tblsp oil

1 small onion

1 x 400g tin tomatoes

2 cloves garlic

1 tsp mild chilli powder

1 tsp ground cumin

¼ tsp ground turmeric

5cm fresh root ginger

150ml boiling water

Container

Apron

Sweet and Sour Chicken

Ingredients

250g chicken breasts – cut into small pieces

1 medium tin pineapple

1 tblsp oil

½ tsp ground ginger

1 level tblsp cornflour

1 level tblsp sugar

1 tblsp vinegar

1 tblsp soy sauce

1 level tblsp tomato puree

Container

Apron

Spaghetti Bolognese

Ingredients

1 small onion

1 clove garlic

1 carrot

1 celery stick

1 tblsp oil

250g lean minced beef

1 x 400g tin tomatoes

1 tblsp tomato puree

100ml water

1 tsp mixed herbs

Black pepper

150g spaghetti (cook at home)

Container

Apron