

# Year 7 Recipe sheet

## **1. Fresh fruit salad:-**

- Container with sealable lid
- 125-250ml fresh fruit juice
- OR
- 1 tin fruit in own juice NOT SYRUP
- 5 pieces of fruit from:  
apple (red/green), grapes (small bunch), nectarine, orange, peach, banana, pear, strawberries.

## **2. Dippy divers:-**

- Vegetable options:  
Peppers, carrots, spring onion, celery, cucumber  
50g unflavoured houmous  
50g plain natural yoghurt  
Handful of fresh chives

## **3. Sausage rolls:-**

**Baking tray**

**Foil/container**

- 1 tbsp dried thyme
- 1 onion diced
- 450g sausage meat
- 450g ready-rolled puff pastry
- 1 egg

## **4. Fruit scones:-**

- 200g self raising flour
- 25g flour extra for rolling out
- 50g margarine
- 125ml milk
- 50g dried fruit
- 50g sugar

## **5. Homemade beef burgers:-**

- 1 small onion
- 500g good-quality beef mince
- 1 egg
- 1 tbsp vegetable oil
- 15g flour for rolling them
- Optional extras:  
Mixed herbs, red or green pepper, garlic etc

## **6. Pizza:-**

- Baking/pizza tray
- 200g pizza base mix/extra flour
- 3-4 tbsp. tomato puree
- 150g grated cheese
- toppings – sweetcorn, ham, peppers, mushrooms, etc.

**Your student will be cooking once a fortnight in the order that it is written on the sheet.**

**Please remember to bring with you a suitable container or baking tray with a lid or foil to get your product home safely with you.**