

Year 7 Shopping Lists

Dips and Dippers

Ingredients needed for Dippers:

You need 5 things from the list below:

- | | |
|----------------|--------------------|
| 1 or 2 carrots | 3 sticks of celery |
| 1 red pepper | 1 yellow pepper |
| 1 green pepper | 1 orange pepper |
| ½ cucumber | 1 red apple |
| 1 green apple | |

Ingredients for Dips:

Guacamole: 1 ripe avocado, 1 small onion, ½ lemon or lime and 1 tomato

OR

Salsa: a small can chopped tomatoes, ketchup, onions (optional), chilli (optional), garlic (optional), herbs (optional)

Other things to remember:

You will need 2 boxes. 1 should be watertight.

Pizza Toast

Ingredients needed:

2 slices of bread or a bagel or a baguette

2 x 15ml spoons of tomato puree, barbeque or pizza sauce

Choose as many vegetables as you like e.g. ½ yellow pepper / 1 spring onion / 1 mushroom / 1 tomato / sweetcorn / pineapple / olives

1 cooked meat (optional) e.g. ham / pepperoni

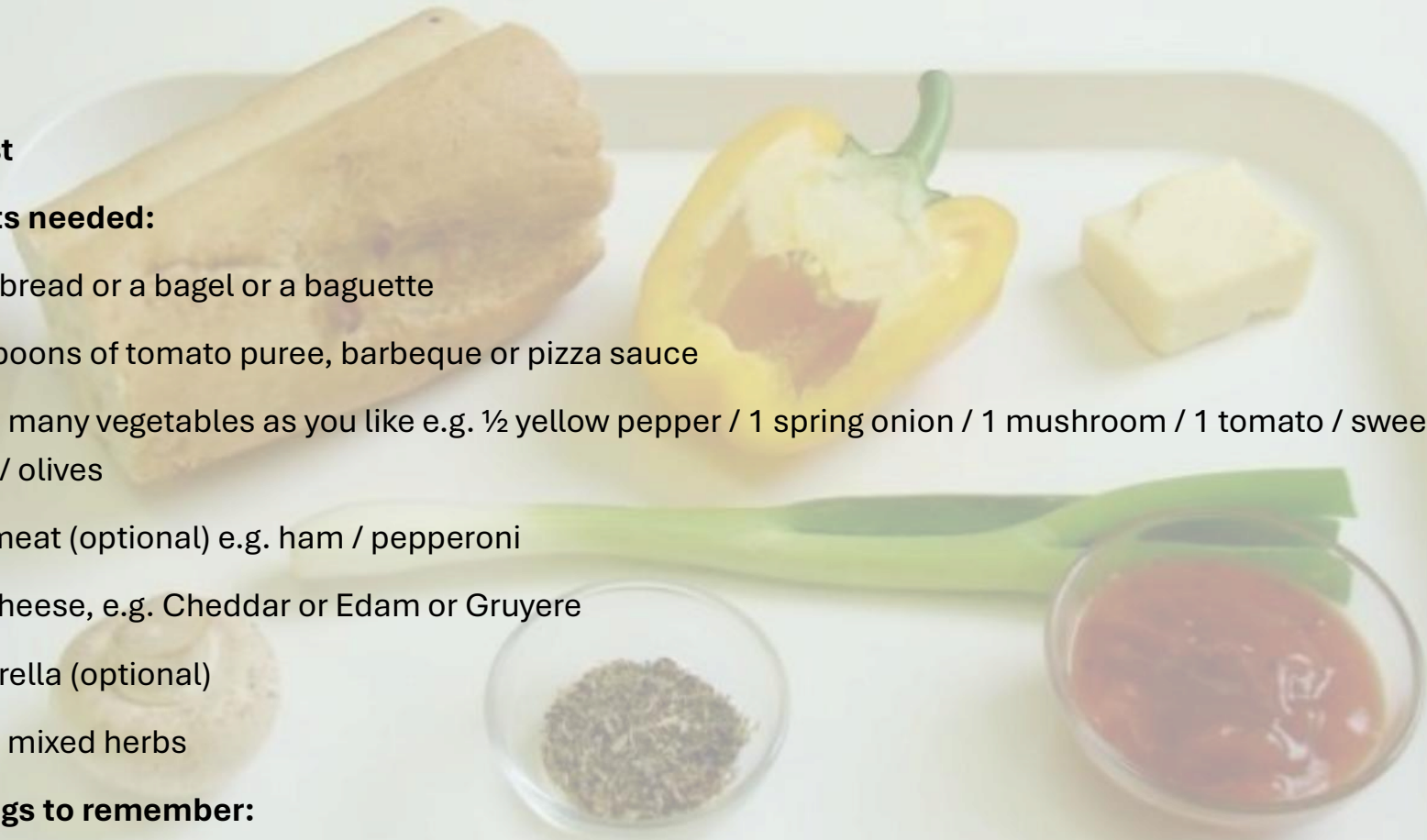
50g hard cheese, e.g. Cheddar or Edam or Gruyere

20g Mozzarella (optional)

5ml spoon mixed herbs

Other things to remember:

We will be eating some of this during the lesson whilst fresh. Bring a box for leftovers.



Savory Rice

Ingredients needed:

150g long grain rice

1 vegetable stock cube or powder

Choose at least 5 vegetables. Here are some options:

8 green beans cauliflower carrot

1 onion 2 spring onions 3 mushrooms

50g sweetcorn 1 red, yellow, orange pepper 1 tomato

1 courgette 50g peas broccoli

Choose 1 flavour from this list:

1 x 10ml spoon spiced curry powder

1 tbsp ginger powder

1 tbsp turmeric powder

2 tbsps garlic paste/puree

3 cloves of garlic

2 tbsps of tomato puree

Other things to remember:

A watertight box.



Rock Cakes

Ingredients needed:

200g self raising flour

100g margarine or butter

75g sugar (unless doing savoury rock cakes)

1 egg

Pick a Flavour:

e.g. vanilla / orange / lemon / coffee / coco / ginger / cinnamon / coconut (desiccated) / mixed spice / mint or other

Pick your Texture/s:

e.g. choc chips / raisins / apple / banana / berries / dried apricots or other

Pick a Decoration (optional):

60g icing sugar / 50g chocolate / biscoff / chocolate spread (**please ensure no nuts**)

Other things to remember:

A large box



Own Design Curry

Chosen Ingredients.

Chosen meat or meat alternative:

1 or 2 raw chicken breast / 1 beef frying steak / paneer / chickpeas or other

Chosen vegetables:

e.g. Onion / garlic / peas / mushrooms / red pepper / yellow pepper / potato

Chosen curry paste/powder:

Korma / tikka / rogan josh / thia green / madras

Other sauce ingredients:

Coconut milk / double cream / chopped tomatoes / passata / natural yoghurt

Other things to remember:

A larger watertight box.



Pastry Tartlets

Ingredients needed:

150g plain raising flour

70g margarine

1 large egg

100g cheese e.g. cheddar / feta / mozzarella

Seasoning e.g. salt / pepper / chilli flakes / dried herb (school can provide)

Choose 2 or 3 of these fillings:

1 tomato / 2 mushrooms / 1 spring onion / 1 onion / 1 slice ham / chorizo/pepperoni / 1 pepper / sweetcorn / handful of spinach / fresh basil / 1 slice pre-cooked bacon or chicken

Other things to remember:

A box to carry home in.

