

# Year 7 Food Technology Ingredients

## Vegetable soup

Base vegetables – celery stick, small onion, carrot, garlic

Flavour vegetables – personal selection ( eg. Tomato and red pepper, carrot, potato and leek, spinach, mushroom, sweet potato, parsnip etc)

Vegetable stock cube

Herbs/spices – fresh or dried (eg. Basil, coriander, chilli flakes, nutmeg, ginger)

Flavour liquids (optional) – (eg. Tinned tomatoes, coconut milk, cream)

Container to transport liquids home

## Vegetable stir-fry

Up to 5 vegetables suitable for stir-frying – be creative and colourful!

Straight to wok noodles or cooked rice

Sauce sachet

Container to transport home

## Cottage Pie

250g meat/ Quorn/ beans (a protein of your choice)

Base vegetables –celery stick, small onion, carrot, garlic

Green vegetable (eg. peas, cabbage, kale)

3 medium potatoes (approx. 700g)

Stock cube

Tomato puree/ Tinned tomatoes

150ml milk and a knob of butter (for mashed potato)

Seasoning and Worcestershire sauce as additional flavouring will be provided by school, if required

Ovenproof container to transport home (this item will be cooked at home)

