

Year 8 Macro Nutrients 2017-18 Recipes

<p>Extra Recipe</p>	<p>Extra Recipe</p>
<p>Mini Carrot cakes 150g soft margarine or butter 250g fresh carrots peeled and grated 200g sugar 200g plain flour 2 x 5ml cinnamon 2 x 5ml baking powder 2 large eggs 125g sultanas 12 muffin cases Container: box or cake tin</p>	<p>Healthy Tiramisu 250g light mascarpone or low fat cream cheese 1 teaspoon vanilla extract 3 tablespoon orange juice 3 teaspoons instant coffee granules 150ml Greek yogurt 2 tablespoons icing sugar 16 sponge fingers (savoiardi biscuits) Decoration e.g. 100g fruit/ 1 x15ml cocoa Container: Individual bowls or large bowl/box-with leak proof lid or cling film.</p>
<p>Breakfast biscuits 1 egg 75g Flour-white or wholemeal 50g sugar 90g butter or margarine 75g.breakfast cereal or rolled oats or a mixture 25g dried fruit –sultanas, apricots etc (optional) Container: box or cake tin</p>	<p>Quick Lasagne <u>Prepared at home</u> 1 onion chopped finely 1 carrot chopped finely 25g parmesan or cheddar cheese, grated <u>Prepared at school</u> 1 garlic clove or 1x 15ml puree 1 x 10ml spoon oil 250g lean minced beef 1 can chopped tomatoes (400g) 1 x 5ml spoon mixed herbs 1 x 15ml spoon tomato puree 200ml crème fraiche, reduced fat 100ml semi skimmed milk 6 dried lasagne sheets Oven proof dish to cook in. Large bag to carry home. How to reheat: Preheat oven . Cook for 30-40 min so 180/Gas 4. Serve when piping hot in the centre.</p>
<p>Vegetable Curry <u>Prepared at home</u> 1 onion-chopped into small pieces 1 clove garlic-chopped or 1 x15ml garlic puree 1 x carrot <u>Prepared at school vegetables could be frozen)</u> 50g frozen peas (defrosted) 50g broccoli or cauliflower florets 1 x 5ml spoon oil 2 x 15ml spoons curry paste 1 can chopped tomatoes (400g) 1 can chickpeas (400g), or kidney beans (400g) 50g (approx.) fresh spinach or green cabbage Container: leak-proof box How to reheat: Heat in a saucepan or microwave until piping hot. Stir well. Serve with cooked rice</p>	<p>Bolognese Sauce <u>Prepared at home</u> 1 onion-peeled and chopped finely. 1 carrot-peeled and chopped finely 1 celery stick-(optional)-peeled and chopped finely <u>Prepared at school</u> 1 x 15ml tablespoon oil 1 x15ml spoon of garlic puree-(optional) 250g minced beef 1 can chopped tomatoes (400g) 1 x 15ml tablespoon tomato purée 1 x 5ml teaspoon mixed herbs (optional) <u>From school</u> 100ml water Black pepper Container: leak-proof box How to reheat: Heat in a saucepan or microwave until piping hot. Stir well. Serve with cooked pasta.</p>