Year 7 Ingredients lists **All ingredients in red text can be provided by school**	***Recipes and dates can be found on google classroom and the Gillotts website.***
1. Vegetable crudites and salsa 200g vegetables for crudites (pepper,cucumber,carrot etc) 25g margarine/butter Small tin of tomatoes (200g) 1 small onion 2 cloves of garlic Mixed herbs or fresh herbs ***Container for crudites and container for salsa***	**2. Bread rolls** 200g strong bread flour 1 x 7g packet of fast acting yeast ¼ tsp salt 1 tsp sugar Optional: 1 egg to glaze ***Container to take home in***
3. Macaroni Cheese 100g macaroni pasta 100g cheddar cheese 1 tomato 25g margarine/butter 25g plain flour 250ml semi skimmed milk Black pepper ***Oven proof Container to take home in (small tin foil tray or ceramic dish)***	**4. Jam tarts** 150g plain flour 75g hard, cold butter 1/2 tsp sugar Jam or lemon curd for the filling ***Container to take home in***
5. Stir fry 100g noodles (fresh or dried) 1 chicken breast **or** tofu/quorn 1 garlic clove ½ red chilli 1 cm fresh ginger ½ red onion ½ pepper 3 mushrooms 1 pack of choi or bean sprouts 1 tbsp oil 1 tbsp soy sauce ***Container to take home in***	**6. Goujons** 3 slices of bread (wholemeal if possible) 1tsp herbs 1 tsp grated parmesan - optional Black pepper 1 tbsp plain flour 1 egg 250g fish (salmon or cod) **or** chicken fillet **or** quorn ***Container to take home in***
7. Thai green curry 1 tbsp oil 3 spring onions 1 clove of garlic 80g sugar snap peas or frozen peas 1 chicken breast **or** quorn/tofu 2 tbsp thai green curry paste 200ml (½ tin) of reduced fat coconut milk ½ lime Small bunch of coriander ***Container to take home in***	**8. Fruit Muffins** 250g self raising flour 2 tbsp baking powder 100g caster sugar 230ml semi skimmed milk 1 egg 60ml oil 150g canned fruit, drained or dried, fresh fruit (banana, blueberries, raspberries etc) 12 muffin cases ***Large container to carry home 12 muffins***