

# YEAR 9

## ◦ Cooking Schedule ◦

### Green Week

You will cook on...

Wednesday 18th May 2022

You will be making...

Healthy Donner Kebabs

### INGREDIENTS

#### Healthy Donner Kebabs

- 100g lean lamb leg steaks
- 100g lean minced lamb
- ½ medium onion, roughly chopped
- 1 teaspoon of ground coriander
- 1 teaspoon of ground cumin
- 1 teaspoon of flaked sea salt
- 1 teaspoon of plain flour

### Orange Week

You will cook on...

Wednesday 25th May 2022

You will be making...

Chicken Schnitzel & Colesaw

### INGREDIENTS

#### Chicken Schnitzel & Colesaw

- 2 small chicken breasts
- 1½ tablespoons of grated parmesan
- 50g flour
- 1 large egg, beaten
- 35g dried breadcrumbs, such as Panko
- 75ml of vegetable oil

For the coleslaw:

- 150g white cabbage, shredded
- 1 large carrot, peeled and grated
- 6 spring onions, sliced diagonally
- 1 red skinned apple, grated
- 150g pot of natural yogurt
- Juice of ½ of lemon
- 2 teaspoons of English mustard