

YEAR 9

◦ Cooking Schedule ◦

Green Week

You will cook on...

Wednesday 20th April 2022

You will be making...

Tuna & Broccoli Pasta Bake

INGREDIENTS

Tuna & Broccoli Pasta Bake

100g Rigatoni pasta
40g cheese
100g broccoli
100g canned tuna in water,
drained
25g butter or soft spread
25g plain flour
250ml semi skimmed milk
1 teaspoon of dried oregano
50g sweetcorn (tinned or frozen)
Black pepper

Orange Week

You will cook on...

Wednesday 27th April 2022

You will be making...

Carrot & Sultana Cake

INGREDIENTS

Carrot & Sultana Cake

3 medium carrots (about 250g
total unpeeled weight)
3 large eggs
100ml sunflower oil, plus extra
for greasing
100g soft light brown sugar
200g self-raising flour
100g sultanas
Zest of 1/2 large orange, finely
grated
1 teaspoon of ground cinnamon
1/2 teaspoon of grated nutmeg
1 1/2 teaspoons of baking powder