

# YEAR 9

## ◦ Cooking Schedule ◦

### Green Week

You will cook on...

Wednesday 4th May 2022

You will be making...

Spring Rolls

#### INGREDIENTS

##### Spring Rolls

300g pack of cooked noodles  
400g of mixed vegetables such as red peppers, beansprouts, carrots, Chinese leaf cabbage and spring onions, thinly sliced  
140g cooked prawns  
100g cooked chicken or duck  
2 cloves of garlic, finely chopped  
1 small piece of ginger  
Splash of light Soy sauce  
Chinese five-spice powder  
8-10 sheets of Brik or Filo pastry  
1 egg, beaten  
Sesame seeds, for sprinkling (optional)  
For the dipping sauce:  
100g reduced salt/sugar ketchup  
1 tablespoon of white wine vinegar  
1 small piece of ginger, grated  
A pinch of caster sugar

### Orange Week

You will cook on...

Wednesday 11th May 2022

You will be making...

Chinese Chicken Curry

#### INGREDIENTS

##### Chinese Chicken Curry

4 skinless chicken breasts, cut into chunks (alternatively use chicken thighs or drumsticks)  
2 teaspoons of cornflour  
1 onion, diced  
2 tablespoons of rapeseed oil  
1 clove of garlic, crushed  
2 teaspoons of curry powder  
1 teaspoon of turmeric  
½ teaspoon of ginger  
A pinch of sugar  
1 chicken stock cube (to make 400ml of stock)  
1 teaspoon of Soy sauce  
A handful of frozen peas