**Year 7 and 8 March to May**

TOPIC – **Healthy eating**

Week commencing 27th February – theory lesson.

Week commencing 6th March

**Chicken Schnitzel with Cous Cous (hairy dieters)**

2 chicken breasts (can bring more if needed)

300g cous cous or giant cous cous

1 chicken stock cube

100g plain flour

2 eggs

4 slices of bread

1 tsp paprika (available in school)

Half a cucumber

3 tomatoes

Half red onion

Few chives

Small bunch of fresh parsley (optional)

1 lemon

2 tsp honey (optional)

Something to take home in.

Week commencing 13th March

**Stuffed Peppers**

4 medium peppers

4 tbsp olive oil

175g long grain rice

1 small red onion

1 clove garlic

200g tin of chopped tomatoes

tsp dried mixed herbs

50g peas

Salt and pepper (school can provide)

Or

**Cheese and Tomato Tart**

1 packet of ruff puff pastry (can be ready rolled)

1 tbsp milk

1 red onion

1 courgette

3 tbsp olive oil

1 tsp oregano

Salt and pepper (school can provide)

225g cherry tomatoes

225g mozzarella cheese

Something to take it home in.

Week commencing 20th March

**Turkey Burgers and Chips (hairy dieters)**

4 tsp sunflower oil

1 medium or 2 small leeks

500g turkey mince

1 lemon

Half tsp flaked sea salt (School can provide)

***For the Paprika chips***

3 medium potatoes

1 tsp sunflower oil

Half tsp paprika

Half tsp flaked sea salt (School can provide)

Something to take home in.

Week commencing 27th March

**Chicken Chow Mein (hairy dieters)**

1 tbsp soft light brown sugar

2 tsp cornflour

2 tbsp dark soy sauce

2 tbsp dry sherry (School will provide)

2 tbsp of sunflower oil

3 chicken breasts

1 red, green and yellow pepper.

2 carrots

25g root ginger

3 garlic cloves

Sprig of spring onions (optional)

225g water chestnuts

300g beansprouts

Something to take home in

EASTER

Bread making

Week commencing 17th April

**Foccacia bread**

500 g. strong white bread flour, plus extra for dusting.

2 tsp. salt.

2 x 7g sachet of fast-action dried yeast.

80 ml. olive oil, plus extra for drizzling.

150-250ml warm water.

vegetable oil or oil spray, for oiling.

bunch of fresh rosemary.

large pinch of sea salt.

Week commencing 24th April

**Sticky Cherry Bakewell buns**

500g strong flour plus a little extra for dusting

2 x 7g sachets of yeast

100g golden sugar

250ml milk

50g butter

1 egg

3 tsp almond essence

180g raspberry jam

250g icing sugar

12 glace cherries

30g flaked almonds (optional)