



NOTTINGHAM  
FREE SCHOOL

# Year 9

## Rotation 1

### Nutritional Nibbles

Name: .....

Form: .....



Dear Parent/Carer,

This booklet contains all the recipes that your child will be cooking in this rotation of food preparation and nutrition. In the first lesson your child has written the date that they are cooking each dish. Students will need to bring the ingredients to school that day as well as the food container or cooking dish that the recipe asks for to take them home in.

Students will be required to bring their ingredients at the start of the school day so they can be properly stored before the lesson. It is recommended that the bag they bring the ingredients to school with is clearly labelled with their name and that their container for their food is also named. Children will have access to the food room at the end of the day to collect their products to bring them home. Part of the student's homework will be to weigh, measure and pack their ingredients the night before.

All recipes have a vegetarian option and where meat is used there are a variety of options to choose from. Should your child or a family member have any special dietary requirements, please get in contact and we can adapt recipes to suit.

Ingredients marked with \* will be provided by the school. To cut down on the recipe cost. If there is a problem with providing your child with ingredients, please get in touch so we can find a solution.

I hope you will enjoy the meals that are brought home.

Ms Read  
sread@nottinghamfreeschool.co.uk







# Top tips for successful food lessons:

- Make sure you have written the date you will be cooking each recipe and pass this information onto the person who will be buying your ingredients.
- It is a good idea to get your parent/carer to take a picture of each recipe on their phone so when they are out shopping they know what you need.
- Make sure you have all the ingredients a couple days before so there is no rush the day of your lesson.
- Weigh out the ingredients at home so you only bring the amount on the recipe.
- Make sure you have packed the container or cooking tray/tin to take the items home in.
- Make sure your bag is labelled with your name.
- Come to the food room at least 10 minutes before school starts on the day of your lesson so your ingredients can be stored safely.
- As school policy states, you should have no jewellery or nail polish on you and if you have long hair you need to bring a hair band to tie it back with.
- Don't forget to collect your food product at the end of the day!



# Burger- Option 1



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Date cooking:

.....

## Ingredients:

### Burgers

- 450g minced beef/lamb/pork/turkey/chicken
- 1 small onion, finely chopped
- 1 egg
- 50g fresh breadcrumbs (slices of bread put into the food processor)
- Salt and pepper\*
- 1 tsp dried mixed herbs or other spices eg. Ground cumin, coriander or paprika\*

### To serve

- 1 burger bun
- Salad
- Sauces

## Method:

1. Crack the egg into a small bowl and lightly beat with a fork.
2. Put all of the burger ingredients in a large bowl and mix well.
3. Add the egg to the meat mixture and mix thoroughly. Clean hands can be used to do this!
4. Divide the mixture into 6 equal pieces and then shape them into burgers.
5. Box up 5 of your burgers and place them in the fridge.
6. Put 2 teaspoons of oil into a frying pan and heat on number 4 for 1 minute. Carefully place one burger in the frying pan and cook for 5 minutes on one side before carefully turning the burger over to cook the other side. Check that it isn't pink in the centre. The temperature should read 75°C for 2 minutes.
7. Serve the burger in the bun with all of your chosen accompaniments.

Large sealable container to take home in.

On all recipes \* indicates ingredients provided by school.

Recipe

1





# Burger- Option 2

## Date cooking:

.....

## Ingredients:

### Burgers

400g can chickpeas, drained

Rind and ½ juice of 1 lemon

1 tsp ground cumin\*

Small bunch coriander, chopped

1 egg

150g fresh breadcrumbs (slices of bread put into the food processor)

1 small onion, chopped

Salt and pepper\*

### To serve

1 burger bun

Salad

Sauces

## Method:

1. Put 50g of breadcrumbs on a metal plate.
2. Put the remaining breadcrumbs and all of the burger ingredients into a food processor and whizz until blended.
3. Divide the mixture into 6 equal pieces and then shape them into burgers.
4. Coat each burger in the breadcrumbs.
5. Box up 5 of the burgers and put them in the fridge.
6. Put 2 teaspoons of oil into a frying pan and heat on number 4 for 1 minute. Carefully place one burger in the frying pan and cook for 3 minutes on one side before carefully turning the burger over to cook the other side until it is golden brown.
7. Serve the burger in the bun with all of your chosen accompaniments.

Large sealable container to take home in.

Recipe

1

On all recipes \* indicates ingredients provided by school.



# Pasta Bake

## Date cooking:

.....

## Ingredients:

150g any shape pasta

1 small onion, finely chopped

300ml milk

25g marg

25g plain flour

200g grated cheese

1 small tin of sweetcorn

30g mushrooms OR 1 pepper

**plus 1 of the following:**

200g ham

200g bacon (cooked)

200g chicken (cooked)

200g quorn

200g mixed vegetables  
(frozen/tinned)

200g tuna

## Method:

1. Cook the pasta. 3/4 fill a large pan with water, add a pinch of salt and bring to the boil.
2. Add the pasta and bring back to the boil then simmer for 10 - 12 mins. When cooked drain & place in the pan.
3. Chop onion and mushrooms or pepper.
4. Prepare the sauce - Melt margarine and gently fry the onion and mushrooms or pepper for 2 mins. Take the pan off the heat and add the milk & flour. Stir well. Return to the heat and bring to the boil, stirring all the time. Boil for 2mins then take off the heat.
5. Add 3/4 of the cheese, seasoning and rest of ingredients. Stir well.
6. Add pasta and stir. Place in the ovenproof dish. Sprinkle the remaining cheese over the surface.
7. At home: Bake Gas 4/180°C for 30 minutes.

A large shallow ovenproof dish,  
about 35 x 20cm from home

On all recipes \* indicates  
ingredients provided by school.

Recipe

2







# Fishcakes/ Potato cakes

## Date cooking:

.....

## Ingredients:

300g potatoes

160g tin of tuna, drained or a small tin of sweetcorn

2tsp Dijon mustard (optional)

1 spring onion

2tsp of chopped parsley (optional)

Salt and pepper\*

1 large egg

150g readymade breadcrumbs (or bread to be processed into breadcrumbs)

## Method:

1. Peel and chop the potatoes into 3cm pieces. Put them in a small pan with enough water to cover them. Bring them to the boil and cook for 12-15minutes until soft.
2. Meanwhile, trim and finely chop the onion. Put it in a large bowl with the tuna, mustard, parsley and seasoning.
3. In a small bowl lightly beat the egg using a fork.
4. Put the breadcrumbs onto a metal plate.
5. Thoroughly drain the potatoes and mash them in the pan. Then put the mashed potato into the bowl with the tuna etc. and mix thoroughly.
6. Lightly dust your hands with flour and divide the mixture into 6. Shape each piece into a fish cake shape and place on a chopping board. Leave to cool for 5 minutes.
7. Carefully coat a cake in egg and then breadcrumbs and put onto the greaseproof paper. Repeat the process with the other 5 cakes.

## 8. At home:

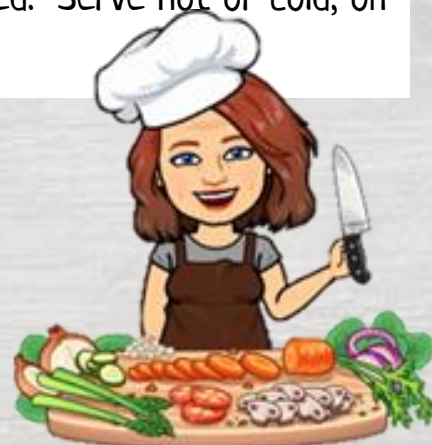
Preheat the oven to Gas 6/200°C. Bake for 20 minutes until well browned. Serve hot or cold, on its own or with salad.

Large sealable container to take home in.

Recipe

3

On all recipes \* indicates ingredients provided by school.



# Notes

