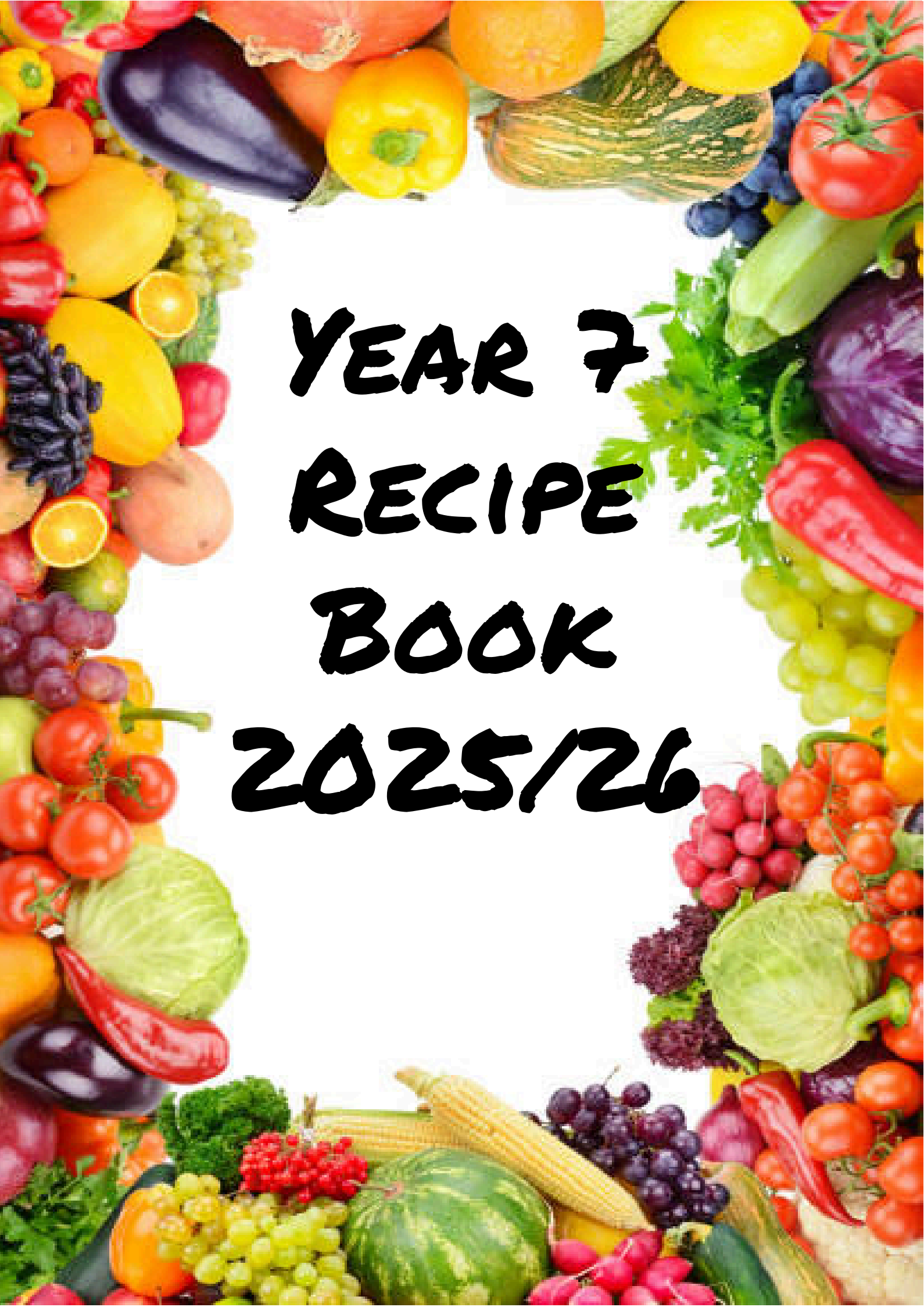
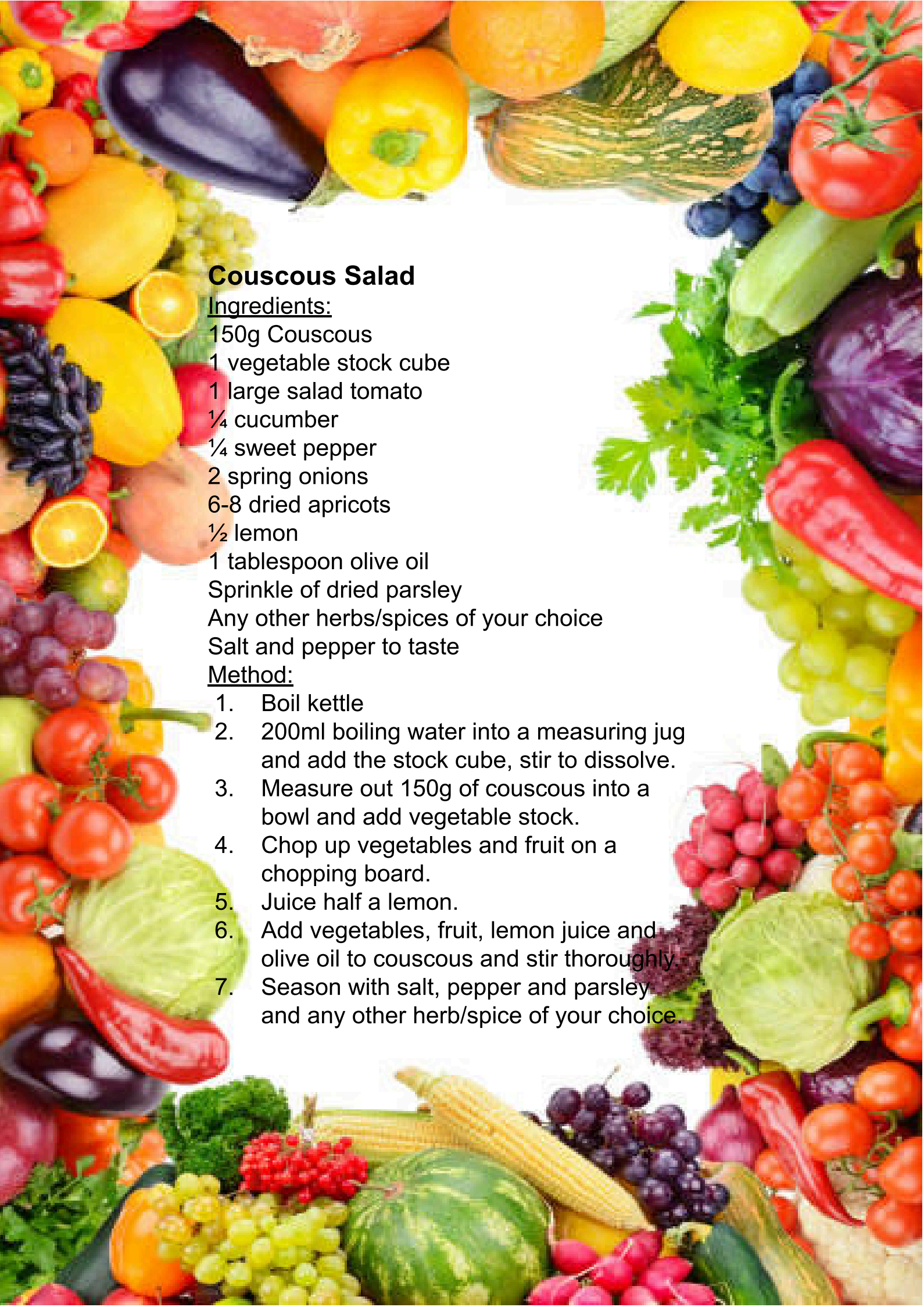


Year 7 Recipe Book 2025/26



Couscous Salad

Ingredients:

150g Couscous
1 vegetable stock cube
1 large salad tomato
¼ cucumber
¼ sweet pepper
2 spring onions
6-8 dried apricots
½ lemon
1 tablespoon olive oil
Sprinkle of dried parsley
Any other herbs/spices of your choice
Salt and pepper to taste

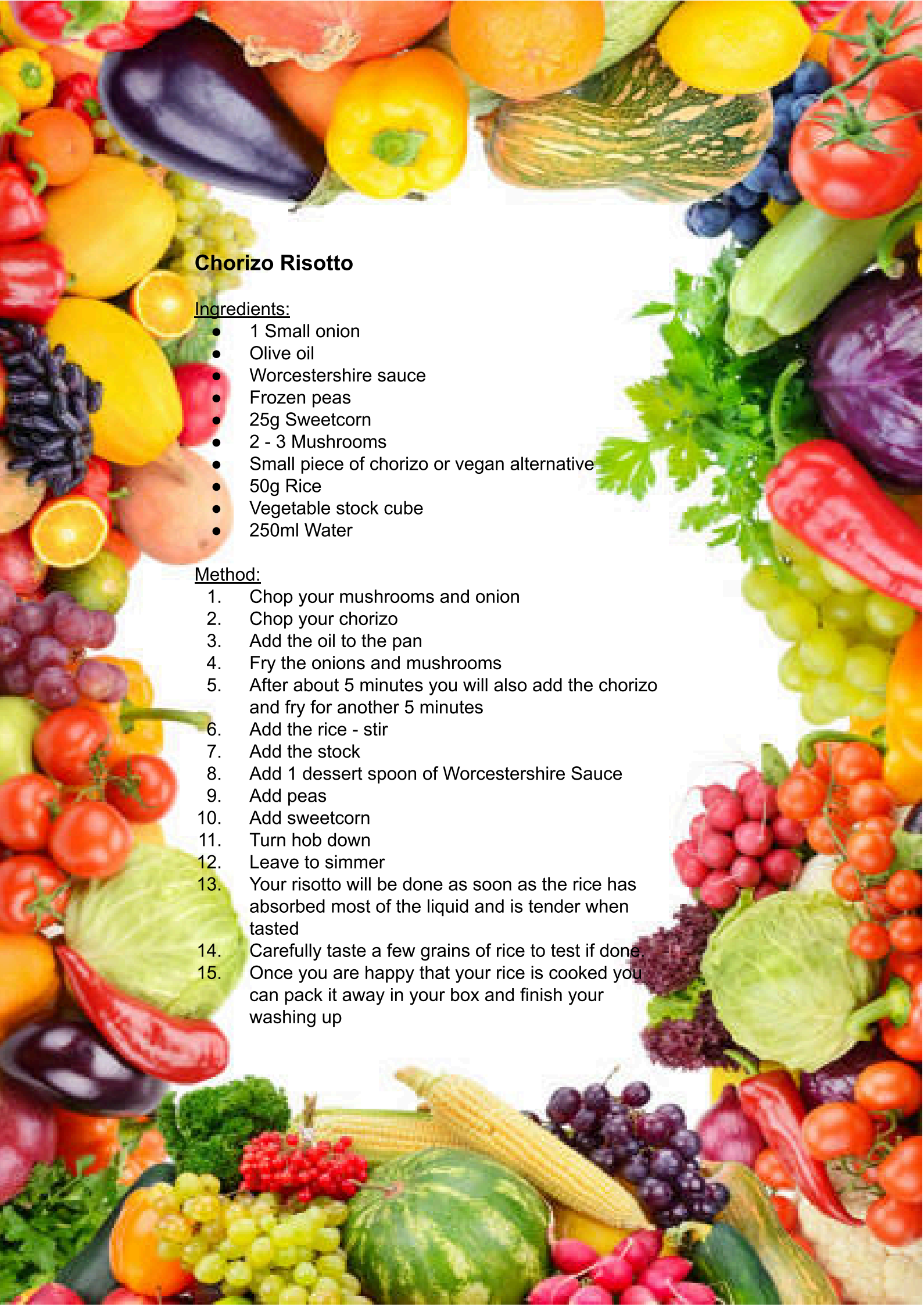
Method:

1. Boil kettle
2. 200ml boiling water into a measuring jug and add the stock cube, stir to dissolve.
3. Measure out 150g of couscous into a bowl and add vegetable stock.
4. Chop up vegetables and fruit on a chopping board.
5. Juice half a lemon.
6. Add vegetables, fruit, lemon juice and olive oil to couscous and stir thoroughly.
7. Season with salt, pepper and parsley and any other herb/spice of your choice.

Halloumi and Vegetable Skewers

Ingredients:
1 pack halloumi
1 courgette
5 mushrooms
1 red/yellow pepper
8 cherry tomatoes
olive oil
1 garlic clove
1 x 5ml spoon mixed herbs
Wooden skewers

Method:
1. In a small bowl, pour 20ml olive oil and crush the garlic clove into it.
2. Add herbs and seasoning to olive oil.
3. Cut the halloumi cheese into large cubes.
4. Prepare the vegetables:
   - Top, tail and thickly slice the courgettes;
   - Wash and halve the mushrooms (depending on size);
   - De-seed and thickly slice the yellow pepper.
5. Thread the halloumi and vegetables onto kebab sticks.
6. Brush the mixture over the halloumi and vegetables.
7. Oven bake until brown, turning occasionally (20 - 30 minutes).



Chorizo Risotto

Ingredients:

- 1 Small onion
- Olive oil
- Worcestershire sauce
- Frozen peas
- 25g Sweetcorn
- 2 - 3 Mushrooms
- Small piece of chorizo or vegan alternative
- 50g Rice
- Vegetable stock cube
- 250ml Water

Method:

1. Chop your mushrooms and onion
2. Chop your chorizo
3. Add the oil to the pan
4. Fry the onions and mushrooms
5. After about 5 minutes you will also add the chorizo and fry for another 5 minutes
6. Add the rice - stir
7. Add the stock
8. Add 1 dessert spoon of Worcestershire Sauce
9. Add peas
10. Add sweetcorn
11. Turn hob down
12. Leave to simmer
13. Your risotto will be done as soon as the rice has absorbed most of the liquid and is tender when tasted
14. Carefully taste a few grains of rice to test if done.
15. Once you are happy that your rice is cooked you can pack it away in your box and finish your washing up

Lemon Drizzle Cupcakes

Ingredients:
75g soft margarine
75g caster sugar
75g Self Raising Flour
1 egg
1 lemon (to share)– juiced and zested
2 tbsp caster sugar

Method:

1. Cream the butter and caster sugar together with a wooden spoon
2. or whisk, until light and fluffy.
3. Add the egg, mix until smooth and creamy.
4. Zest the lemon using a grater and a chopping board
5. Fold in the flour. Add the lemon zest, fold into the
6. mixture in the mixing bowl.
7. Line a bun tin with 6 cases.
8. Spoon the mixture into each case – wipe up any spills on the tin!
9. Bake for 12-15 mins until risen, firm and golden on top.
10. Allow to cool before icing.
11. Make the lemon drizzle : juice the lemon and mix the juice with the sugar.
12. Poke holes in the top of the muffins and pour over the lemon drizzle.

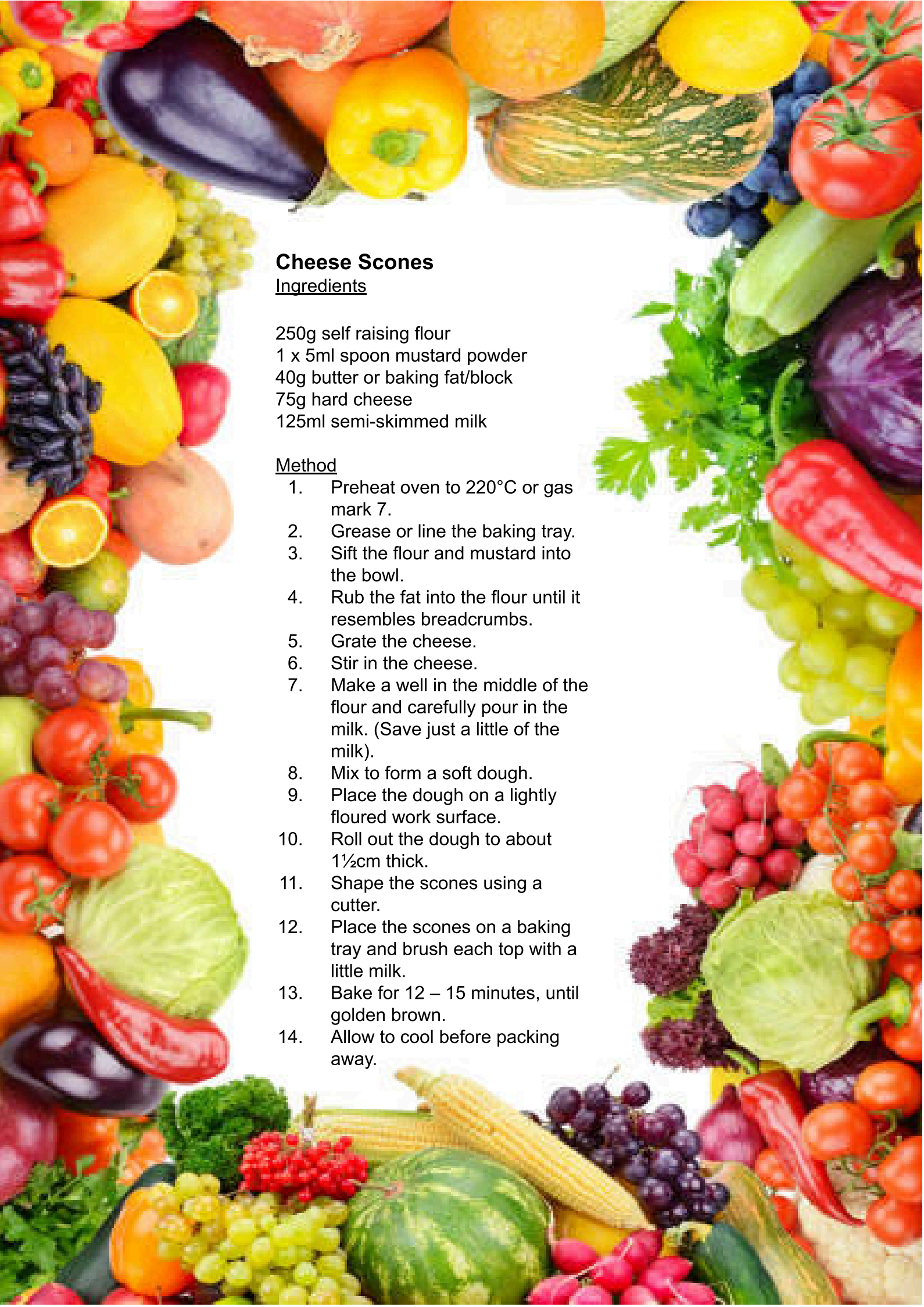
Chicken or Tofu Goujons

Ingredients

50g breadcrumbs
1x5ml spoon mixed herbs
1x15ml spoon parmesan (or vegan alternative)
2 chicken breasts or 200g thighs (or pressed tofu block)
1x15ml spoon plain flour
1 egg (or cornflour slurry for vegans)

Method

1. Preheat the oven to 200ºC or gas mark 6.
2. Grate the cheese and place in a small bowl.
3. Add the breadcrumbs, and herbs and mix.
4. Pour the flour onto a small plate.
5. Beat the egg in a small bowl.
6. Cut the chicken into ‘nuggets (approximately 4cm x 3cm chunks) using a clean chopping board. Ideally a red one.
7. Dust the chicken in the flour.
8. Dip in the beaten egg.
9. Roll in the breadcrumb mixture.
10. Place on the baking tray.
11. Repeat steps 7-10 for all the chicken pieces. Thoroughly wash and dry your hands.
12. Bake in the oven for 20 minutes, until golden brown.



Cheese Scones

Ingredients

250g self raising flour
1 x 5ml spoon mustard powder
40g butter or baking fat/block
75g hard cheese
125ml semi-skimmed milk

Method

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line the baking tray.
3. Sift the flour and mustard into the bowl.
4. Rub the fat into the flour until it resembles breadcrumbs.
5. Grate the cheese.
6. Stir in the cheese.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Roll out the dough to about 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. Bake for 12 – 15 minutes, until golden brown.
14. Allow to cool before packing away.

Summer Fruit Crumble

Ingredients

For the crumble topping

- 50g soft light brown sugar
- 50g unsalted butter, cold and cubed
- 75g plain flour

For the filling

- 40g caster sugar
- 150g raspberries
- 150g strawberries, hulled and halved
- 50g blueberries

Method

1. Preheat the oven to 190°C.
2. Place the strawberries and raspberries for the filling in a saucepan along with the sugar.
3. Bring to a simmer over a medium-low heat and cook, stirring occasionally, until the sugar is dissolved.
4. Spoon into the base of a heatproof, glass baking dish.
5. Place the butter and flour in a mixing bowl and rub together until it resembles rough breadcrumbs.
6. Stir through the sugar.
7. Spoon the crumble topping on top of the fruit, then sprinkle the blueberries on top. Bake for 30-35 minutes until the topping is golden brown in colour.
8. Remove from the oven and leave to stand for 5 minutes before serving.

Thai Green Curry

Ingredients:

1 x 10ml spoon oil
3 spring onions
1 clove of garlic
80g sugar snap peas
1 small chicken breast
or Vegan/Vegetarian alternative (e,g, Tofu, Bean Curd)
2 x 15ml Thai green curry paste
200ml coconut milk (reduced fat)
1/2 lime
Small bunch of coriander

Method:

1. Slice the spring onions;
2. Cut the sugar snap peas in half;
3. Crush the garlic.
4. Cut the chicken into small chunks.
5. Fry the spring onions, garlic and chicken in the oil
6. for 3-4 minutes.
7. When the chicken has turned ‘white’,
8. Stir in the green curry paste, followed by the sugar snap peas.
9. Pour in the coconut milk and simmer for 15 minutes.
10. Squeeze the lime and pour into the curry and stir.