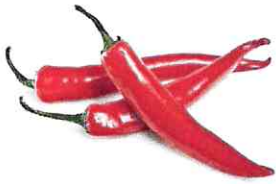


The Grove School Cook Book



Each Class has put together a healthy affordable meal idea to add to our cook book as part of their learning in food technology lessons.



Healthy Arrabiata Sauce - Willow Class

- 2 teaspoons of oil
- 2 fat red chillis, deseeded and chopped
- 1 onion peeled and finely chopped
- 2 garlic gloves peeled and chopped(or garlic salt/garlic granules)
- 500g passata
- 250mls vegetable stock
- Salt and pepper

Heat the oil and sauté the garlic, chillis and onion for 5 minutes until softened.

Add the passata and stock and bring to the boil, cover and simmer gently for 15-20 minute until the sauce has reduced slightly and thickened. Season with salt and pepper.

Serve with pasta.

Boil 400g pasta for 10-12 minutes, drain and mix with the sauce.

Other serving suggestions

- Chicken
- Meatballs
- Sausages



Pitta Bread Pizza's

6 white/wholemeal pitta breads



6 Wholemeal Pitta Bread
£0.55

Grated cheese
Cheddar 250G



British Medium Grated
£2.75

Pepperoni



Pizza Pepperoni 120G
£1.05

Tomato Puree



Tomato Puree 200G
£0.52

Red pepper



Red Peppers Each Class 1
£0.60

Mushrooms
Mushrooms



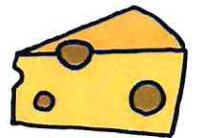
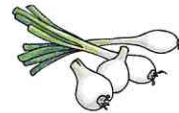
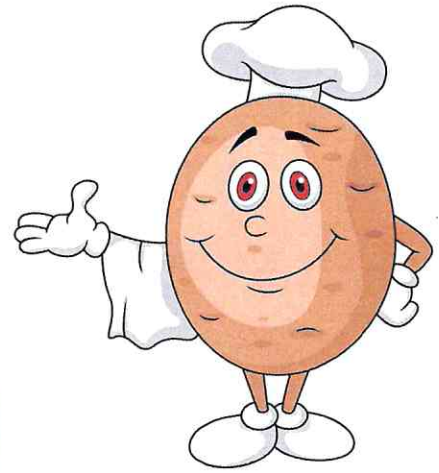
Loose Closed Cup
£0.06

These are just a few examples and may be cheaper in different shops/supermarkets. Toppings can be chosen for each individual tastes/allergies/food tolerances and dietary needs. Makes 6 pizzas.

Mice in Jackets

What you will need:

- 4 Baked potatoes
- 60g grated cheese
- 30g butter
- 5tbsp milk
- 1tbsp oil
- Raisins
- Cherry tomatoes
- Radishes
- Spring onions
- Chives



Ingredients highlighted can be changed to suit.

Method:

1. Wash potatoes and pat them dry. Prick the potatoes with a fork and place them on a baking tray. Brush them over with oil.
2. Place the potatoes in the oven for 1 hour on 200C.
3. When the potatoes are cool enough carefully scoop out the soft potato centres.
4. Mix the soft potato centre with the butter, milk, three quarters of the cheese and season with salt and pepper.
5. Pop the potato mix back into the potato jackets.
6. Sprinkle the remaining cheese onto the top of the baked potato and placed in the grill until cheese on top is golden.
7. Use the highlighted/chosen ingredients to make a nose, whiskers, eyes, ears and tail, using cocktail sticks to hold in place if needed.

Light Kedgeree from Sycamore Class courtesy of the Hairy Bikers

Ingredients

300ml Milk



500ml water, boiled from kettle

A pinch of saffron



350g fish (e.g., smoked haddock)



1 Onion



4 eggs (boiled)



2 tsp curry powder



250g easy-cook long grain rice



75g frozen peas



15g of parsley



Instructions to Make the Kedgerree

1. Pour the milk and water in a non-stick pan then add the saffron.
2. Add the fish bring to simmer then switch off the heat, put the lid on leave for 5 minutes to gently poach the fish.
3. Fry the onions gently in a little oil in a large frying pan.
4. Put 4 eggs in a pan of water, bring to a simmer for 5 minutes.
5. Remove the fish from the milk onto a plate with a slotted spoon.
6. Pour the milk into a jug.
7. Stir the curry powder into the onions and cook for 30 seconds.
8. Add the rice to the onions and cook for a few seconds.
9. Pour in the 'fishy milk' and bring to a simmer.
10. Cook for 10 minutes, stirring regularly so it doesn't stick.
11. Add the peas to the rice, stir for 3 minutes, or longer until the rice is cooked, add more water if it starting to stick.
12. Drain the eggs, and run cold water over them to cool them down. Peel the shell off the eggs and cut them into 4 pieces.
13. Flake the fish into large chunks and mix with the rice.
14. Chop the parsley and add to the fishy rice 'kedgerree' mixture.
15. Season the kedgerree with salt and pepper.
16. Sprinkle the chopped eggs on the top and serve into bowls for eating.

The Veggie Frittata

Ingredients

- 1 teaspoon olive oil
- Cooking Spray
- $\frac{3}{4}$ Cup broccoli florets 2cm piece
- $\frac{1}{4}$ Cup Chopped red Onion
- 4 eggs
- $\frac{1}{3}$ Cup Shredded or diced Cheddar Cheese
- fresh herbs for garnish
- Salt and pepper to taste

Method

- 1 Preheat the oven to 400 degrees heat the oil in a pan at medium-high heat.
 - 2 Add the red onion to the pan stirring occasionally 3-4 mins.
 - 3 Add the red pepper and cook for 3 mins until peppers are soft.
 - 4 Add the broccoli with 1 tablespoon of water
 - 5 Season the vegetables with salt and pepper.
 - 6 Remove the vegetables from the pan and wipe the pan clean with a paper towel.
 - 7 Coat the pan with cooking spray.
 - 8 In a bowl whisk together the eggs whites, season to taste with salt and pepper.
 - 9 Add the vegetables and cheese to the mixture and stir until combined
 - 10 Pour the egg mixture into the pan and place in the oven.
 - 11 Bake for 15 mins or until center is set Garnish with fresh herbs, cut into wedges and serve.
- by Oak Class

