

## **Year 8 cooking ingredients**

### **Bread**

200g strong white bread flour  
1 packet dried yeast  
2 cloves garlic  
Olive oil

### **Pizza**

200g strong white bread flour  
1 packet dried yeast  
Tomato puree  
100g cheddar cheese  
Choice of toppings  
(peppers, mushrooms, tomatoes, mozzarella, sweetcorn, onion)

### **Curry**

Please put all meat into fridge at start of day  
2 Chicken breasts or quorn  
Onion  
Sweet potato  
Green beans  
Red or yellow pepper  
Jar of curry paste of choice  
Tin or carton of coconut milk

### **Meatballs**

Onion  
250g minced lamb/beef/pork  
1 red chilli  
Garlic  
Tin of tomatoes  
Bunch flat leaf parsley  
Tomato puree

Treat week

Make something of your choice.