

## Cooking Club Recipes – Spring 2 2023

Thursday 9<sup>th</sup> March – **Mexican Lasagne** – Serve at home with Salad and Garlic Bread.

A twist on the traditional dish lasagne! Bring oven proof dish (same size you'd use to make a normal lasagne) to put the dish in and take home. This will then be put straight into the oven at home to be cooked.

- 2 large white tortilla wraps
- 500g mince beef
- 1 onion
- 2 peppers (any colours)
- Garlic (2 cloves)
- Tin of chopped tomatoes
- 1 small tin of sweetcorn
- 150g cheddar cheese
- Fajita seasoning (paprika, ground coriander & cumin)

Thursday 16<sup>th</sup> March – **Easy Moussaka** – Serve with salad or vegetables

Bring oven proof dish (same as last week) to put the dish in and take home. This will then be put straight into the oven at home to be cooked.

- 4 medium-sized potatoes
- olive oil
- 1 red onion
- 500g lamb mince
- 2 garlic cloves
- 1 tsp mixed spice
- 500g carton passata
- 2 aubergines, cut into slices
- 300ml tub crème fraîche
- 140g cheddar cheese

Thursday 23<sup>rd</sup> March – **Traditional Italian Meatballs**

My mum is Italian and all my life a favourite of ours has been homemade meatballs! In this week's cooking club I'll be sharing my mum's Italian meatball recipe which creates meatballs and a pasta sauce enough to feed a family of 4! You will need a sealed container to take home in and possibly reduce the sauce at home for a further 30 mins until it thickens. Serve with your choice of pasta.

- 500g **pork** mince (can use beef if you like but pork is traditional)
- 50g parmesan cheese
- Dried parsley
- Salt
- 1 egg
- X2 142g tins of double concentrate tomato puree – similar to this one above
- Olive Oil



Thursday 30<sup>th</sup> March – **Curry in a hurry!** – Serve with your choice of rice and naan bread

Make sure you have a sealed container to take this one home in. You may need to continue this cooking at home for a further 30 minutes.

- 500g of chicken or omit for vegetarian option
- 1 onion
- 3 cloves garlic
- 1 large sweet potato
- 1 tin chickpeas
- 1 tin tomatoes, with juices
- Jar of curry paste of your choice (not sauce, korma/tikka/madras)
- 1 tin coconut milk
- 1 package baby spinach
- Fresh coriander