

<p>Chilli/Spaghetti Bolognese</p> <ul style="list-style-type: none"> • 1 onion • 1 pepper • 1 carrot • 1 clove of garlic • 1 chilli (chilli) • 500g mince or alternative • 1 tin of chopped tomatoes • 1 tin of kidney beans (chilli) • 1 beef/veg stock cube • <u>Large container with lid</u> 	<p>Pizza/Calzone</p> <ul style="list-style-type: none"> • 300g strong white flour • 1 sachet (7g) dried yeast • 1 small onion • 200g chopped tomatoes • 2 tbsp. tomato puree or bbq sauce • 150g grated cheese • Variety of fillings: ham, pineapple, pepperoni, mushrooms, pepper • <u>Large container with lid</u>
<p>Sweet and Sour</p> <ul style="list-style-type: none"> • 1 pepper • 1 onion • 1 carrot • 2 chicken breasts or alternatives • 200g pineapple chunks in juice • ¼ bottle of tomato ketchup • 15ml vinegar • 15ml soy sauce • 3 tbsp. honey • Water chestnuts (optional) • <u>Large container with lid</u> 	<p>Lasagne</p> <ul style="list-style-type: none"> • 1 onion • 2 garlic cloves • Mushrooms (optional) • 500g mince beef or alternatives • 400g chopped tomatoes • 2 tbsp. tomato puree • Herbs (optional) • 30g butter • 30g plain flour • 1 pint of milk • 150g grated cheese • 10 lasagne sheets • <u>Large ovenproof dish</u>
<p>Oven Baked Risotto</p> <ul style="list-style-type: none"> • 1 onion • 1 garlic clove • 6 rashers of bacon • 10 cherry tomatoes • 100g frozen peas • 300g Arborio rice • 100g grated cheese (preferably parmesan) • 2 vegetable stock cubes • <u>Large ovenproof dish</u> 	<p>Quesadillas</p> <ul style="list-style-type: none"> • 1 onion • 1 pepper • 1 chilli • 2 chicken breasts or alternatives • 2 tbsp. tomato puree • 1 tin of taco beans • 150g grated cheese • 6 – 8 tortilla wraps • <u>Large container with lid</u>
<p>Other practical opportunities</p> <ul style="list-style-type: none"> • Food investigation assessment • Pasta/rice dish 	