

<p><b>Thai Green Curry</b></p> <ul style="list-style-type: none"> <li>• 1 onion</li> <li>• 4 spring onions</li> <li>• 1 green pepper</li> <li>• 2 chicken breasts or alternatives</li> <li>• 4 tbsp. Thai green curry paste</li> <li>• 2 tbsp. soy sauce</li> <li>• 1 tbsp. brown sugar</li> <li>• 400ml coconut milk</li> <li>• <u>Large container with lid</u></li> </ul>	<p><b>Indian Korma Curry</b></p> <ul style="list-style-type: none"> <li>• 1 onion</li> <li>• 3 tbsp. mild curry powder</li> <li>• 2 chicken breasts or alternatives</li> <li>• 1 chicken/vegetable stock cube</li> <li>• 100g ground almonds</li> <li>• 50g flaked almonds</li> <li>• 200ml coconut milk or double cream</li> <li>• 200ml pineapple chunks in juice</li> <li>• <u>Large container with lid</u></li> </ul>
<p><b>Chow Mein</b></p> <ul style="list-style-type: none"> <li>• 1 onion</li> <li>• 1 pepper</li> <li>• 1 courgette</li> <li>• 1 carrot</li> <li>• 2 chicken breasts or alternatives</li> <li>• Ready cooked rice/noodles</li> <li>• 3 tbsp. tomato ketchup</li> <li>• 2 tbsp. soy sauce</li> <li>• 2 tbsp. honey</li> <li>• <u>Large container with lid</u></li> </ul>	<p><b>Spring Rolls</b></p> <ul style="list-style-type: none"> <li>• 1 carrot</li> <li>• 100g beansprouts</li> <li>• Bunch of spring onions</li> <li>• 1 pepper</li> <li>• ½ white cabbage or 1 pok choi</li> <li>• 4 tbsp. soy sauce</li> <li>• 1 packet of filo pastry</li> <li>• 1 egg</li> <li>• <u>Large container with lid</u></li> </ul>
<p><b>Samosas</b></p> <ul style="list-style-type: none"> <li>• 1 onion</li> <li>• 2 large potatoes</li> <li>• 3 tbsp. mild curry powder</li> <li>• 100g frozen peas</li> <li>• 1 packet of filo pastry</li> <li>• 1 egg</li> <li>• <u>Large container with lid</u></li> </ul>	<p><b>Cherry Bakewell Cake</b></p> <ul style="list-style-type: none"> <li>• 180g caster sugar</li> <li>• 180g butter</li> <li>• 130g self-raising flour</li> <li>• 50g ground almonds</li> <li>• 3 eggs</li> <li>• 100g dark chocolate</li> <li>• 100g glace cherries</li> <li>• 1 tsp almond extract</li> <li>• <u>Large container with lid</u></li> </ul>
<p><b>Enchiladas</b></p> <ul style="list-style-type: none"> <li>• 1 onion</li> <li>• 1 pepper</li> <li>• 1 chilli</li> <li>• 2 chicken breasts or alternatives</li> <li>• 2 tbsp. tomato puree</li> <li>• 1 tin of chopped tomatoes</li> <li>• 1 tin of kidney beans</li> <li>• 150g grated cheese</li> <li>• 6 – 8 tortilla wraps</li> <li>• <u>Large ovenproof dish</u></li> </ul>	<p><b>Other practical opportunities</b></p> <ul style="list-style-type: none"> <li>• Roux sauce practical</li> <li>• Burger and salsa practical</li> <li>• Cake making experiment</li> <li>• Independent practical</li> </ul>