

# Food Technology

## Year 7

# Recipe Book



Portsmouth  
High School

## **The following ingredients will be supplied by Portsmouth High School**

Salt  
Pepper  
Vegetable oil (including olive oil)  
Baking powder  
Foil  
Parchment paper  
Cling film  
Poppy seeds  
Sesame seeds  
Rice wine vinegar

### **Each week your daughter will need to bring in the following:**

#### A shopping bag to hold all her ingredients.

Please ensure that the bag is **self-supporting** and will stand upright on a storage shelf. Please name the bag clearly.

#### The key ingredients needed for the recipe.

On the day your daughter cooks she will need to drop off her ingredients to the food technology room drop-off point before morning registration. She will be asked to leave non-perishable items in her bag and to put her perishable items in the pupil refrigerator.

#### Any alternative ingredients to allow for your daughter's dietary needs.

For example vegetarian alternatives, gluten or dairy free products when appropriate.

#### A selection of various sized named snap-closure storage containers.

These will need to be used to hold ingredients and to transport the finished dishes home at the end of the day. The snap shut containers are more secure and will help to avoid messy spillages. Sometimes you may be required to provide a cooking container if practical. Please refer to each recipe to note which size and type of container is needed.

## **Vegetable Couscous**

### **Ingredients**

180ml water, boiling

1/2 stock cube

100g couscous

1/2 red onion

1/2 red pepper

25g almond flakes, toasted

25g raisins

50g chickpeas, canned

1 x 15ml spoons parsley, chopped (or other herbs such as Mint)

You could vary the recipe by omitting the raisins and almond flakes and replacing with any of the following chopped dried apricots, celery, spring onion, sweetcorn, peas, olives, mushrooms.

Medium container

### **Equipment**

Kettle, measuring jug, measuring spoon, spoon, large bowl, fork, chopping board, knife, can opener, baking tray

### **Method**

1. Make up the stock: dissolve the stock cube in the boiling water.
2. Pour the stock over the couscous in a large bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Chop the onion and red pepper.
5. Toast the almonds (under a hot grill).
6. Drain the chickpeas.
7. Mix the onion, pepper, raisins, almonds and chickpeas with the couscous.
8. Sprinkle the parsley on top to serve.

## **Coleslaw**

### **Ingredients**

¼ white cabbage

1 medium apple

1 carrot

2 x 15ml spoons of low fat mayonnaise

Medium container

### **Equipment**

Colander, chopping board, sharp knife, vegetable peeler, grater, mixing bowl, measuring spoons and mixing spoon.

### **Method:**

1. Shred the cabbage into thin strips.
2. Top and tail the carrot, then peel and grate.
3. Core and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl and add the low fat mayonnaise.
5. Mix all the ingredients together.

### **Handy hints**

- Wash the vegetables before use.
- Instead of using only low fat mayonnaise experiment with different combinations of low fat mayonnaise mixed with low fat plain yogurt, fromage frais or crème fraîche.
- Try adding other vegetables such as onion or celery. You could add chopped walnuts.
- Why not try making a super salad? You can use lots of different ingredients such as fruit, meat, fish, potatoes or rice.

## **Apple Flapjack**

### **Ingredients**

1 cooking apple  
25g sultanas (optional)  
120g light brown soft sugar  
130g margarine or butter  
70g self-raising flour  
130g porridge oats  
Cake tin or large container

### **Equipment**

Chopping board, knife, weighing scales, peeler, measuring spoons, saucepan, wooden/plastic spoon, spatula, 18cm non-stick baking tin, palette knife, grater, foil tins.

### **Method**

1. Preheat oven to 180C.
2. Grease cake tin.
3. Peel and coarsely grate the apple.
4. Place in a saucepan the apple and sultans with 1 tablespoon of the sugar – cook gently for 5 minutes.
5. Melt the margarine/butter in a bowl in the microwave.
6. Stir in the flour, remaining sugar and oats. Mix well.
7. Spread half the mixture in the tin – press down firmly.
8. Spoon apple mixture over the bottom oat mixture and top with the remaining oat mixture.
9. Bake 25-30 minutes until golden brown. Leave to cool and cut into pieces.

## **Leek and potato soup**

### **Ingredients**

1 knob of butter  
1 large leek, chopped  
4 medium potatoes, peeled and diced  
900ml (1 1/2 pints) stock, either chicken or vegetable  
Large snap-shut container

### **Equipment**

Chopping board, knife, peeler, saucepan, spatula/wooden spoon, lid, potato masher, measuring jug

### **Method**

1. Chop leeks.
2. Peel and dice potatoes.
3. Heat butter slowly in pan till melted.
4. Add leeks and cover, cooking slowly for about 5 minutes.
5. Add potatoes and cover, cooking slowly for another 5 to 10 minutes till soft.
6. Prepare stock.
7. Pour in stock and bring to the boil. Simmer for 10 to 15 minutes.
8. Mash with potato masher for a chunky soup.
9. Add a spoon of single cream to each bowl as served and stir thoroughly.

### *Note:*

Single cream can be added to each soup bowl when the soup is served if desired.

## Macaroni Cheese

### Ingredients

100g macaroni  
100g Cheddar cheese  
1 tomato  
25g soft margarine  
25g plain flour (= 2 ½ table spoons)  
250ml semi-skimmed milk  
Black pepper  
Medium ovenproof dish

### Equipment

Grill, two saucepans, weighing scales, grater, chopping board, knife, colander, measuring jug, wooden spoon, trivet, whisk, ovenproof dish (or foil tray).

### Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes, until *al dente*.
2. Grate the cheese and slice the tomato.
3. While the pasta is cooking, make the sauce:
  - place the butter or margarine, flour and milk into a small saucepan;
  - bring the sauce to a simmer, whisking all the time until it has thickened;
  - stir in 75g of the grated cheese
4. Preheat the grill.
5. Drain the boiling hot water away from the macaroni into a colander in the sink.
6. Stir the drained macaroni into the cheese sauce and add a few twists of black pepper.
7. Pour the macaroni into an oven-proof dish (or foil tray).
8. Arrange the tomato slices over the macaroni.
9. Place under a hot grill until the cheese is bubbling and golden brown.

## Spaghetti Bolognese

### Ingredients

- 1 onion
  - 1 clove garlic
  - 1 carrot
  - 1 celery stick
  - 1 x 15ml oil
  - 250g lean minced beef (For vegetarian replace this with a 400g can of mixed beans)
  - 1 can chopped tomatoes (400g)
  - 2 x 15ml spoon tomato purée
  - 100ml water
  - 1 x 5ml spoon mixed herbs
  - Black pepper
  - (150g spaghetti – for serving – no need to boil in school)
- Medium container

### Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, 2 saucepans, weighing scales, measuring jug, wooden spoon, colander, lid

### Method

1. Prepare the vegetables:
    - peel and chop the onion
    - peel and crush the garlic
    - peel and dice the carrot;
    - finely dice the celery
  2. Heat the oil in a saucepan. Fry the onion, garlic, carrot and celery in the oil.
  3. Add the meat (or drained can of beans) and cook until the mince is lightly browned
  4. Add the tomatoes, tomato purée, mixed herbs and water and mix all the ingredients together. Then add a few sprinkles of black pepper.
  5. Bring to the boil, then simmer for 20 minutes
- At home reheat the Bolognese until piping hot and .....*
1. Place the spaghetti in a separate saucepan of boiling water. Cook for 10 – 12 minutes or until the spaghetti is *al dente* (tender).
  2. Drain the boiling water away from the spaghetti into a colander in the sink.
  3. To serve pour some of the Bolognese sauce over the spaghetti. You could sprinkle some grated cheese over too.



## **Apple and Oat Muffins (makes 12)**

### **Ingredients**

#### **For the topping**

50g porridge oats  
50g demerara sugar  
50g plain flour  
50g unsalted butter

#### **For the Base**

150g unsalted butter, diced  
200g caster sugar  
2 medium eggs  
80ml milk  
250g plain flour  
25g porridge oats  
2 tsp baking powder  
1 medium unwaxed lemon, juice and zest  
1 large eating apple, cored and cut into small pieces  
12 x muffin cases

#### **Large container**

### **Equipment**

Muffin tray, weighing scales, measuring spoon, large mixing bowl, medium glass bowl, small glass bowl, fork, chopping board, knife, juicer, sieve, mixing spoon, two spoons, cooling rack.

### **Method**

1. Preheat oven to 180C.
  2. Line a 12-hole muffin tray with 12 muffin cases.
  3. Mix all of the topping ingredients except for the butter. Add the butter and rub together until everything is mixed and has the consistency of large bread crumbs.
  4. In a small bowl mix together plain flour, porridge oats, baking powder and lemon zest and set aside.
  5. Cream together the butter and sugar, then add the beaten egg a little bit at a time.
  6. Add half of the dry ingredients and half of the milk, mix until combined and add the remaining milk and dry ingredients and mix until just combined but don't over mix.
  7. Mix the lemon juice with the apple, add into the mixture, mix well.
  8. Spoon the batter evenly between the cases. Sprinkle the muffins with the topping. Bake for 25-30 mins until golden and well risen.
  9. Remove from the oven, transfer to a wire rack and leave to cool.
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## Quick Vegetable Spring Rolls

### Ingredients

1 carrot  
¼ cabbage or pak choi  
1 pepper  
1 garlic clove  
1cm piece of fresh ginger  
½ red chilli  
1 x 15ml spoon vegetable oil  
1 x 5ml spoon reduced salt light soy sauce  
1 x 5ml spoon rice wine vinegar  
2 sheets filo pastry  
Oil  
Medium container

### Equipment

Chopping board, pastry brush, vegetable peeler, knife, garlic press, wok or saucepan, wooden spoons, sieve, bowl, baking tray, oven gloves.

### Method

1. Preheat the oven to 200°C or gas mark 6.
2. Prepare vegetables for stir-frying:
  - peel and finely chop carrot;
  - finely slice cabbage;
  - deseed and finely slice peppers.
3. Finely chop garlic clove, grate or finely chop fresh ginger and deseed and finely chop the red chilli.
4. Heat the wok over a high heat and add the oil, garlic, ginger and chilli, then stir-fry for 30 seconds. Add the mixed vegetables, light soy sauce and vinegar and cook for 1 minute. Spoon the vegetables into a sieve over a bowl and allow to cool slightly.
5. Cut each sheet of filo pastry into 4 rectangles - approximately 15cm x 12cm.
6. Place a spoonful of the cooked vegetable mixture mix at one end of a filo rectangle, in the centre. Roll the filo around the vegetable mixture until halfway along the filo sheet, then fold each side of unfilled pastry into the centre. Continue rolling into a cylinder and lightly brush with oil to seal.
7. Place the rolls on a baking tray and lightly brush with oil. Repeat with the remaining pastry sheets.
8. Bake for 15-20 minutes until golden and crisp.

## **Spinach, Potato and Chickpea Curry**

### **Ingredients**

1 onion  
1 clove garlic  
1 large potato  
1 x 5ml spoon oil  
2 x 15ml spoons curry paste  
300ml water  
1 can chopped tomatoes (400g)  
1 can chickpeas (410g), drained  
3 handfuls of fresh spinach  
Medium container

### **Equipment**

Knife, chopping board, garlic press, saucepan, measuring spoons, measuring jug, wooden spoon, can opener, lid, colander

### **Method**

1. Prepare the onion, garlic and potatoes:
  - slice the onion
  - peel and crush the garlic
  - peel and cut the potatoes into 1cm cubes.
2. Fry the onion and garlic for 2 minutes in the oil.
3. Stir in the curry paste, potatoes and water
4. Add the tomatoes and chickpeas, and then allow to simmer for 20 minutes, until the potato is tender.
5. Stir in the fresh spinach, and allow to cook for a further 2 minutes.

## Naan Bread

250g self-raising flour

2 teaspoons sugar

Pinch of salt

130 ml milk

2 tablespoons vegetable oil

½ tps baking powder

**Optional Topping:** poppy seeds or sesame seeds

1 plastic bag and 1 medium container

### Equipment

Baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring jug, flour dredger, and palette knife.

### Method

For the dough, sift the flour, sugar, salt and baking powder into a bowl. In another bowl, mix together the milk and oil.

1. Make a well in the centre of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the 'well', to make a smooth, soft dough. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky.
2. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10-15 minutes. Form the dough into five balls.
3. Roll the dough balls out quite thinly, ideally in a teardrop shape, but really this is just aesthetic. Sprinkle over your chosen topping and press into the surface of the dough.
4. Preheat the frying pan to a medium heat. Brush with a bit of vegetable oil.
5. Place the naans onto the frying pan and cook for 1-2 minutes each side, or until lightly browned. Brush with butter and serve hot.

## **Victoria Sandwich Cake**

### **Ingredients**

150g caster sugar

150g soft margarine or butter

150g self-raising flour

3 eggs

3 x tablespoons jam

Cake carrier or cake tin

### **Equipment**

2 sandwich tins, greaseproof paper for lining the tins, pencil, electric hand whisk, small mixing bowl, mixing bowl, sieve, tablespoon, cooling rack.

### **Method**

1. Preheat oven to 180C – grease and line the sandwich tins with greaseproof paper
2. Cream the butter and sugar together
3. In a small bowl beat the eggs together
4. Add the beaten egg to the sugar and butter a little bit at a time
5. Sieve the flour and fold into the butter, sugar and eggs carefully
6. Divide the mixture between the two sandwich tins
7. Bake for 15-20 minutes until golden brown and springy to touch
8. When cool spread jam on one half and sandwich together.

## **Jammy Biscuits**

### **Ingredients:**

250g plain flour

200g butter

100g icing sugar and a little extra for dusting on the top

1 egg

8 tablespoons of jam. "red" possibly works best but apricot or lemon curd will work too

*You will need a container to take your biscuits home.*

### **Equipment:**

Food processor, scales, spatula, rolling pin, dredger, cutters, baking tray, teaspoon, cooling rack

### **Method**

1. Preheat the oven to 170 C
2. Grease two baking trays
3. Beat the egg in a small basin
4. Place the butter, flour and icing sugar in the food processor – remember some of the icing sugar you have bought will be for dusting so remember to leave that out.
5. Mix until the butter is rubbed in – don't overmix at this stage.
6. Add the egg and mix carefully to a dough.
7. Turn out onto a floured surface and roll to about 0.5 cm thick and use the cutters to cut out the biscuits. You will cut a hole in half of the number you cut out. Re-roll until you have used all the dough up.
8. Bake for 10 minutes being careful not to overcook them and they are light and golden in colour. Remove from the tray and cool on a rack.
9. Using a teaspoon place a dollop of jam on one whole biscuit and sandwich with a biscuit with a hole in it. Repeat until you have used up all the biscuits. Dust with icing sugar.

## **Cheese scones** (makes 10-12)

### **Ingredients**

250g self-raising flour  
1 x 5ml spoon mustard powder  
40g butter or margarine  
75g hard cheese  
125ml semi-skimmed milk  
*Container to hold 12 scones*

### **Equipment**

Non-stick baking tray, pastry brush, weighing scales, sieve, mixing bowl, measuring spoons, grater, chopping board, measuring jug, flour dredger, rolling pin, scone cutter, cooling rack.

### **Method**

1. Preheat the oven to 220°C or gas mark 7
2. Prepare a baking tray, e.g. greased.
3. Sieve the flour and mustard into the bowl
4. Rub in the butter or margarine into the flour until it resembles breadcrumbs
5. Grate the cheese.
6. Stir in the cheese.
7. Make a well in the middle of the flour and carefully pour in the milk. (Save just a little of the milk).
8. Mix to form a soft dough.
9. Place the dough on a lightly floured work surface.
10. Roll out the dough to about 1½cm thick.
11. Shape the scones using a cutter.
12. Place the scones on a baking tray and brush each top with a little milk.
13. Bake for 12 – 15 minutes, until golden brown.
14. Allow to cool on a cooling rack.

## **Cheese straws**

### **Ingredients**

100g plain white flour  
½ x 5ml spoon of mustard powder  
50g butter or margarine  
50g Cheddar cheese  
2 x 15ml spoons cold water  
Medium container

### **Equipment**

Weighing scales, baking tray, sieve, mixing bowl, grater, measuring spoons, flour dredger, rolling pin, palette knife, pastry brush, oven gloves and cooling rack.

### **Method**

1. Preheat the oven to 200°C or gas mark 6.
2. Lightly grease a baking tray.
3. Sift the flour and mustard powder into a mixing bowl.
4. Using your fingertips, rub the butter or margarine into the flour until it resembles fine breadcrumbs.
5. Grate the cheese.
6. Stir the cheese into the flour mixture.
7. Using your hands, mix to form a smooth dough, adding a little cold water to help bind the mixture together.
8. Roll out, on a lightly floured surface, to form a rectangle about 0.5cm thick.
9. Trim away the edges and cut into thin strips, about 0.5cm x 7cm, using a palette knife.
10. Place the straws on the baking tray and bake for 12 – 15 minutes or until golden brown.
11. Allow to cool before removing from the baking tray onto a cooling rack.

### **Handy hints**

- You may like to brush the cheese sticks with water and sprinkle with sesame seeds or poppy seeds before baking, but take care, as a few people are allergic to seeds.
- Use the rolling pin like a ruler, to help you to cut even strips.
- Add mixed herbs, chilli or a different type of cheese.



## **Chunky Monkey Cookies**

### **Ingredients**

200g Plain Flour

125g Caster Sugar

125g margarine or butter

1 teaspoon Bicarbonate of soda

1 egg

1 tablespoon of milk (school will supply)

150g white chocolate drops (or could be dark or milk)

75g glace cherries (optional – or could be chopped glace ginger or nuts such as walnuts)

### **Equipment**

Baking tray, baking parchment paper, large mixing bowl, wooden spoon, tablespoons, chopping board, knife, small bowl, scale, measuring spoon

### **Method**

1. Preheat the oven to 180 C.
2. Line a baking tray with baking parchment paper.
3. Put the flour, bicarbonate of soda and sugar into a large mixing bowl.
4. Chop cherries into small pieces.
5. Rub the margarine/butter into the dry ingredients until they form breadcrumb –like texture.
6. Add the chopped cherries and the chocolate drops.
7. Beat together the egg and the milk and stir into the dry ingredients and mix well.
8. Place a heaped tablespoon of the mixture onto a baking tray spaced well apart.
9. Bake in the oven 10-12 minutes until brown in colour.

## OWN SAVOURY DISH – Choice I

### **Tuna Pasta Bake**

#### **Ingredients**

300g rigatoni (or any dried pasta)

50g butter

50g plain flour

600ml milk

250g strong cheddar, grated

2 x 160g cans tuna steak in spring water, drained

330g can sweetcorn, drained

Large handful chopped parsley

Medium ovenproof dish or foil tray

#### **Method**

1. Heat oven to 180C/fan 160C/gas 4.
2. Boil the pasta for 2 minutes (this is less time than stated on the pack).
3. To make the sauce:
  - Melt the butter in a saucepan and stir in the flour.
  - Cook for 1 min, then gradually stir in the milk to make a thick white sauce.
  - Remove from the heat and stir in all but a handful of cheese.
4. Drain the pasta, mix with the white sauce, tuna, sweetcorn and parsley.
5. Transfer to a baking dish (**brought from home**) and top with the rest of the grated cheese.
6. Bake for 15-20 mins until the cheese on top is golden and starting to brown.

## OWN SAVOURY DISH – Choice 2

### **Minced Beef Cobbler**

#### **Ingredients**

##### **Meat bottom**

50g mushrooms

1 medium onion

1 medium carrot

250g lean minced beef or vegetarian alternative of 400g can red kidney beans, chopped red chilli and 400g can of tomatoes

1 x 15 ml spoon plain flour

½ x 5 ml spoon mixed herbs

1 reduced salt vegetable stock cube

250ml boiling water

2 x 15 ml spoons tomato puree

##### **Scone cobbler top**

225g self-raising flour

55g butter

80g cheddar cheese

120ml milk

Medium ovenproof dish or foil tray

#### **Method**

1. Preheat the oven to 190C/170 fan or gas mark 5.
2. Prepare the vegetables:
  - Wash the mushrooms;
  - Peel the onion and carrots;
  - Finely chop the onion and chop the carrot and mushrooms into small pieces.
3. Put the onions, carrots and minced beef in the saucepan and cook over a medium heat until the meat is browned, stirring the ingredients together.
4. When the meat has browned, stir in the mushrooms and continue cooking for another 2-3 minutes.
5. Add the flour and mixed herbs and cook, stirring for 1 minute.
6. Measure 250ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
7. Pour the stock into the saucepan together with tomato puree and stir until boiling, then reduce the heat and simmer for 10 minutes.
8. To make the cobbler topping, sift the flour into a mixing bowl and add the butter.
9. Using clean hands, rub the butter into the flour until the mixture resembles fine breadcrumbs.
10. Add the cheese. Gradually add the milk and mix to a soft dough.
11. Roll out on a floured board to 1 cm thick and cut into rounds with the pastry cutter.
12. Pour the meat mixture into an ovenproof dish (**brought form home**) and arrange the scones on top. Bake in the oven for 12-18 minutes until the scones are well risen and golden brown.

## OWN SAVOURY DISH – Choice 3

### **Lasagne**

#### **Ingredients**

1 onion  
1 clove garlic  
1 carrot  
1 x 15ml oil  
250g lean minced beef  
400g canned chopped tomatoes  
1 x 15ml spoon tomato puree  
100ml water  
1 x 5ml spoon mixed herbs  
Black pepper  
6 lasagne sheets (oven cook)  
25g butter/soft margarine  
25g plain flour  
300ml semi-skimmed milk  
50g cheddar cheese  
*Medium ovenproof dish or foil tray*

#### **Method**

1. Preheat the oven to 190C or gas mark 5.
2. Prepare the vegetables:
  - peel and chop the onion;
  - peel and crush the garlic;
  - peel and slice the carrot.
3. Fry the onion, garlic, and carrot in the oil.
4. Add the meat and cook until the mince is lightly browned.
5. Add the tomatoes, tomato puree, mixed herbs and water and mix all the ingredients together. Then add a few twists of black pepper.
6. Bring to the boil, then simmer for 20 minutes.
7. While the meat is cooking, make the sauce.
  - Place the butter or margarine, flour and milk into a small saucepan.
  - Bring the sauce to a simmer, whisking it all the time until it has thickened.
  - Reduce the heat and simmer for 2mins.
8. Grate the cheese and stir into the sauce – leave a little to sprinkle on the top.
9. In an ovenproof dish (**brought form home**) spread some meat mixture in the bottom and cover with lasagne sheets and a little cheese sauce. Repeat this finishing with the sauce on top.
10. Sprinkle remaining grated cheese on the top and bake 20 minutes.

## OWN DAIRY DISH – Choice I

### **Pizza Tartlets**

#### **Ingredients**

##### **Filling**

45g ready-made pesto in a jar  
125g ripe tomatoes chopped  
5 black olives potted and quartered  
65g Mozzarella cheese grated  
1 garlic gloves crushed  
1 tablespoons Parmesan cheese  
½ teaspoon dried oregano

##### **Shortcrust pastry**

175g plain flour  
90g butter  
2 tablespoons cold water

##### **Medium container**

#### **Method**

1. Heat the oven to 200c and grease a baking tray.
2. Make the pastry by rubbing the butter into the flour until it resembles breadcrumbs and then adding enough water to bind to a soft dough.
3. Sprinkle flour on the work surface and roll out the pastry until 3-5 mm thick. Cut out rounds and re-roll until all the pastry is used.
4. Fold up the edges of the tartlets so they form an edge.
5. Mix together in a bowl the tomatoes, black olives, mozzarella cheese and garlic.
6. Spread the pesto over the pastry shells and then fill with the chopped tomatoes mixture.
7. Sprinkle over the Parmesan cheese and sprinkle the dried oregano on top.
8. Bake for 20 minutes until the edges are golden brown in colour.

## OWN DAIRY DISH – Choice 2

### **Spanish Omelette**

#### **Ingredients**

3 tablespoons olive oil  
2 large potatoes diced  
2 large onions diced  
1 red pepper, halved, seeded and finely chopped  
6 eggs  
Salt and pepper  
1 tablespoon chopped parsley  
Large container

#### **Method**

1. Heat the oil in the frying pan and add the potatoes, red pepper and onions and stir until cooked through. Cook gently until cooked through.
2. Break the eggs into a bowl and season with salt and pepper and then whisk together.
3. Pour the eggs into the frying pan and mix with the vegetables and cook for 10 minutes until set.
4. Brown the top of the omelette under the grill for 1-2 minutes.

## OWN DAIRY DISH – Choice 3

### **Spinach and Mushroom Frittata**

#### **Ingredients**

3 tablespoons olive oil  
60g thick cut bacon diced  
250g chestnut mushrooms  
125g spinach chopped coarsely  
6 eggs  
2 tablespoons grated Parmesan cheese  
Salt and pepper to season

Large container

#### **Method**

1. Heat the oil in a frying pan. Add the bacon and mushrooms and cook over a high heat for about 7 minutes or until the bacon is browned. Add the spinach and stir into the bacon and mushrooms. Lower the heat and allow the spinach to wilt.
2. Break the eggs into a bowl and whisk with some salt and pepper to season.
3. Pour the eggs over the spinach, mushrooms and bacon and cook over a medium heat for about 10 minutes.
4. When the eggs are set sprinkle over the Parmesan and place under a hot grill for 1-2 minutes.