

Food Technology Ingredients

Shopping list: Pasta Salad

Date: _____

Ingredients

- 150g vegan pasta shapes

Optional

- 2 sticks celery
- 100g vegan (dairy free) cheese
- 1 tbsp chopped parsley
- 4 spring onions
- 3 tbsp salad dressing

Named container with a lid

Other ingredients

peppers, olives, mushrooms, Quorn or plant based sausage, beans (eg kidney, edamame) Tofu, sweetcorn, cucumber, courgette

Shopping List: Scones

Date: _____

- 200g self raising flour
- 50g non dairy block fat
- 50g sugar
- 125ml non dairy milk (eg soya, almond, coconut)
- 50g dried fruit (mixed fruit, sultanas, cherries, apricots, banana)

Named container with lid

Shopping List: Cheese Whirls

Date: _____

- 200g self raising flour
- 50g non dairy block fat
- 125ml non dairy milk (eg soya)
- 100g vegan (non dairy) cheese
- 2 tablespoons tomato puree

Named container with a lid

Shopping List: Chickpea Curry

Date: _____

- 1 x 400g can chickpeas
- 1 onion
- 1 pepper
- 1 level tablespoon tomato puree
- 400g can chopped tomatoes

Named container with a lid

Shopping List: Pizza

Date: _____

Topping

- 2 tablespoons tomato puree
- 100g vegan (dairy free) cheese

Selection from (25g of each)

mushrooms, pepper, pineapple, roasted vegetables, olives, spinach, slices of Quorn, slices of plant based sausage, tofu.

- ovenproof pizza tray / baking tray

Named container with lid/foil to cover pizza

Shopping List: Chocolate Pear Tray Bake

Date: _____

- 1 small ripe avocado (about 80g)
- 150g light muscovado sugar
- 175g self raising flour
- 25g cocoa powder
- 200ml unsweetened almond or soya milk
- 75ml vegetable oil
- 1 small pear
- 20cm cake tin/ovenproof dish

Named container with a lid/foil to cover

Food Technology Ingredients

Shopping List: Chilli

Date: _____

Standard recipe

- 250g-400g soya/Quorn
- 1 can tomatoes
- 1 tablespoon tomato puree
- 1 onion
- 1 pepper
- 1 can red kidney or baked beans
- 6-8 mushrooms

Container with a lid

Shopping list: Rock Cakes

Date: _____

Ingredients

- 200g self-raising flour
- 75g margarine
- 75g sugar
- 75g mixed dried fruit/ 25g coconut
- 1 egg

Named container: With a lid