

## Food Technology Ingredients

### Shopping list: Pasta Salad

Date: \_\_\_\_\_

#### Ingredients

- 150g pasta shapes

#### Choose 4-6 ingredients

- 2 sticks celery
- 2 or 3 slices salami / ham
- pepper
- 100g cheese
- 2 spring onions
- 1/2 cucumber
- 3-4 mushrooms
- 6 cherry tomatoes
- tuna
- sweetcorn/peas
- 3 tbsp mayonnaise or dressing

Named container with a lid

### Shopping List: Scones

Date: \_\_\_\_\_

- 200g self raising flour
- 50g block fat or butter
- 50g sugar
- 100ml milk
- 50g dried fruit (mixed fruit, sultanas, cherries, apricots, banana)

Named container with lid

### Shopping List: Cheese Whirls

Date: \_\_\_\_\_

- 200g self raising flour
- 50g block fat or butter
- 100g cheese
- 100ml milk
- 2 tablespoons tomato puree

Named container with a lid

### Shopping List: Curry

Date: \_\_\_\_\_

- 200g-400g uncooked boneless chicken fillets/breasts/soya/quorn
- 1 onion
- 1 pepper
- 400g can chopped tomatoes
- Optional: can of chickpeas

Named container with a lid

### Shopping List: Pizza

Date: \_\_\_\_\_

#### Topping

- 2 tablespoons tomato puree/Bbq or tomato sauce
- 100g cheese

#### Choose up to 4 toppings (25g of each)

- Olives, ham, tuna, onion, salami, mushrooms, pepper, pineapple

Ovenproof pizza tray / baking tray

Named container with lid/foil to cover

### Shopping List: Marble Pear Tray Bake

Date: \_\_\_\_\_

- 100g caster sugar
- 100g soft spread
- 2 eggs
- 100g self raising flour
- 1 x tablespoon cocoa powder if you have some at home
- 1 pear or apple

Named container with a lid/foil to cover

## Food Technology Ingredients

### Shopping List: Chilli

Date: \_\_\_\_\_

#### Standard recipe

- 250g-400g minced beef/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: Ginger biscuits

Date: \_\_\_\_\_

#### Ingredients

- 100g self raising flour
- 40g caster sugar
- 50g butter

Named container: With a lid