**Year 7 Recipes**

**Added Fibre Dinner Rolls**

**Ingredients:**

300g Strong white flour (changed to wholemeal/Granary)

½ X 5ml spoon of salt (school will provide)

15g margarine

1 sachet of fast acting yeast (7g) (school provides)

200ml of warm water (school provides)

Milk for glazing (school provides)

Added fibre ingredients, e.g. sunflower seeds, pumpkin seeds, olives, herbs, dried fruit, etc.

A suitable container to take 6-8 bread rolls home in.

**Lower fat Spaghetti Bolognese**

**Ingredients:**

1 onion

1 clove of garlic

1 carrot

1 celery stick

1 X 15ml oil (school provides)

250g minced beef (low fat content 5%)

1 can chopped tomatoes (400g)

1 x 15ml spoon tomato puree

100ml water

1x 5Ml spoon mixed herbs (school provides)

black pepper (school provides)

150g spaghetti (changed to wholemeal spaghetti)

Container to take your end product home in

**Food Investigation – how different sugars affect the outcome of a cake product**

For this food science investigation, no ingredients are required as the school will provide all the necessary ingredients.

**Adapted Greek Salad**

**Ingredients:**

2 large tomatoes

½ cucumber

½ red onion

8 Kalamata olives (in brine)

1 tsp dried oregano (school will provide)

40g feta cheese

4 tbsp. extra virgin olive oil (school will provide)

Additional ingredients as per chilli challenge level

Container suitable to take an end product with liquid.

Our final product is a seasonal bake – the ingredient lists will be sent home as the recipe differs depending on the time of year.