

Year 8 Food and Nutrition

Tenbury High Ormiston Academy 2026/27



Recipe Booklet



RULES

1. Dates for cooking will be set on Edulink as homework.
2. Please bring a container with you name on to bring cooked food home.
3. Please ensure your name is on everything including your bag.
4. Please weigh all ingredients accurately at home.
5. It is your responsibility to drop your food to Room 8 before AM registration.
6. It is your responsibility to collect your cooked food and bag at the end of the day.
7. Any food left behind will be thrown out after 3 days.

Name: _____

Class: _____

Thank You

Remember showing pride in your work is showing pride in your learning

Chilli Con Carne

Ingredients:

1 tbsp oil
1 onion
1 carrot
2 garlic cloves
250g mince (beef/turkey/chicken/pork/veggie)
0.5-1 tsp chilli powder
1 tsp cumin powder
0.5 tsp dried herbs (optional)
1 x 400g can chopped tomatoes
1 stock cube (beef/chicken/vegetable)
1 x 400g can kidney beans
1 tbsp tomato puree
1 tsp cocoa powder (optional)
100g long grain rice



Named plastic container with a lid to bring cooked food home.

Equipment:

Chopping board	Sharp knife	Food waste bowl	Saucepan
Wooden spoon	Measuring Jug	Teaspoon and tablespoon	Sieve

Method:

1. In a saucepan, place your rice and cover with enough water to cover by 1cm, put on stove and turn to highest temperature (this will take between 10-15 min to cook).
2. Whilst rice is cooking, finely dice your onion, carrot and garlic clove (put this on to the lid of your container).
3. Measure out your herbs and spices, tomato puree and cocoa powder into your measuring jug.
4. Use your fingers to crumble your stock cube into your jug and fill with warm water from the tap to 500ml - mix well with a spoon.
5. Open your mince carefully.
6. Using your sieve, drain your rice and cool it under the cold tap to prevent further cooking. Place this into your container to take home.

7. Open your can of kidney beans, drain these through the sieve and ensure all the brown sludge is removed by washing them under cold water, place these back on your table (making sure they are dry - if not, use a green paper towel underneath!).
8. In your DRY saucepan, add oil and add your mince (remove any paper from under the mince). Cook the mince on the hob until it is brown.
9. Add your measuring jug of herbs and spices and your can of tomatoes.
10. Bring this to a boil (big bubbles - highest setting of the stove).
11. Leave this to reduce the sauce.
12. Next, put all of the equipment you have used next to the sink, fill with hot soapy water.
13. Clean your table with a DISH cloth.
14. Wash everything up, dry and put back where it belongs.
15. Add kidney beans into your chilli and stir.
16. Remove pan from heat and put into LABELLED container - place next to fridge.
17. Wash pan and spoon up.

Easy Vegetarian Quesadilla

Ingredients:

1 red onion
4 spring onions
400g tin mixed beans in water
1 tbsp tomato puree
Chilli Flakes
4 flour tortillas
100g cheddar, grated



Named plastic container with a lid to bring cooked food home.

Equipment:

Chopping board	Sharp knife	Food waste bowl	Wooden spoon
Frying Pan	Mixing bowl	Table knife	Fork

Method:

1. Slice onion and spring onions and place on the lid of your container.
2. Drain and wash the beans using your hand as a sieve.
3. Heat $\frac{1}{2}$ a tsp of oil in the frying pan and fry the beans and onions for 3-4 minutes.
4. Stir in tomato puree and chilli flakes and remove from the heat.
5. Place the mixture into the bowl.
6. Clean and dry your frying pan.
7. When the mixture has cooled, use a fork and mash the beans and onions into a paste.
8. On half the tortilla, add a hand full of cheese - this is the glue.
9. Add a quarter of the bean mixture and spread out, add another handful of cheese.
10. Fold the tortilla into a half-moon shape. Repeat these steps to make 4 Quesadilla.
11. Add $\frac{1}{2}$ a tsp of oil to the clean frying pan on a medium heat.
12. Add two quesadilla and cook until golden brown on one side - turn and cook until brown on both sides.
13. Cut into segments or keep whole. Enjoy!
14. Clean up.

Mexican Sweetcorn Fritters with Chilli Yoghurt

Ingredients:

1 egg
140g self-raising flour
100ml whole milk
100g Can of sweetcorn (frozen is ok)
25ml Oil
100g Greek yoghurt
 $\frac{1}{2}$ tsp dried chilli flakes



Named plastic container with a lid to bring cooked food home.

Equipment:

Mixing bowl Whisk Frying Pan

Method:

1. Place the egg and flour in a bowl and mix together. Add the milk and whisk to make a thick pancake batter.
2. Season with salt and freshly ground black pepper and add the sweetcorn, mixing thoroughly.
3. Heat the Oil in a frying pan on a medium to high heat. Carefully spoon four dollops of the sweetcorn mixture into the frying pan.
4. Fry the fritters for three minutes on each side or until golden on each side.
5. Place the yoghurt and chilli flakes into a clean bowl and stir through.
6. Place in container and chill in the blast chiller.
7. Clean up.