



Hunterhouse College



Lunchtime Recipes





Recipes



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Stuffed Beef Mince Red Pepper with Mash

Anika
Year 8 (Shearman)

Ingredients

- 4 red peppers (you can use green peppers if you like)
- 2 carrots
- 2 medium sized onions
- 3 or 4 cloves of garlic
- 1 tbsp tomato paste
- 4 large potatoes
- 2 tbsp cooked rice
- 1 cube of beef stock (or any flavour)
- Salt and pepper (you can add as much or as little as you like)
- 500ml boiling water
- 500g mince beef
- 1 tbsp butter
- Heated milk
- 2 tbsp Olive oil
- Any salad you like



Method

1. Chop your onions and garlic into small pieces and grate your carrots. Fry your onions, carrots and garlic on medium heat, in olive oil until soft. Split the veggie mixture from your pan in half and place one half in a bowl to let it cool and leave the other half in your pan.
2. Peel potatoes, and cut them into quarters, boil them in a large pot full of water until very soft. Add salt to them before they're cooked.
3. When the potatoes are fully cooked, drain the water and mash them adding as much heated milk as required for your potatoes. Add as much butter as you like. Make sure your mashed potatoes are smooth, creamy and don't have lumps. Cover the pot with a lid and leave it until everything else is ready.
4. Clean the peppers and carefully cut off the top and remove the seeds from the inside.
5. Mix together the raw beef mince, cooked rice and cooled veggies, add as much or as little of salt and pepper as you like. Stuff this mixture into your peppers.
6. Place the stuffed peppers on a pan/ tray and lightly spray them with oil. Put them under the grill of your oven and cook them until cooked (until soft). This should take about 10 minutes.
7. Whilst the peppers are in your oven, heat up the veggies on your pan, add the tomato paste and mix it together.

8. When the peppers are ready to take out of your oven, place the veggie mix into a pot then carefully add the peppers from the oven and pour the stock mixture (boiling water and stock cube) on top. Add salt and pepper.
9. Heat the pot with everything inside on your stove on the lowest heat setting for about 20-30 minutes until everything is fully cooked.
10. Serve everything and enjoy! You can add a salad and dressing.

Chelsea's Goujon Tik Tok Wrap

Chelsea
Year 8 (Shearman)

Ingredients

Goujons

- 1 chicken fillet
- 1 egg
- 2 slices of bread made into breadcrumbs
- Fry light sunflower oil

Wrap

- 1 tortilla wrap
- 25g grated cheddar cheese
- 10g sweetcorn

Salad

- Handful of rocket leaves
- 3 baby tomatoes
- Balsamic glaze

Wedges

- 1 potato, skins left on and cut into wedges
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1tsp garlic granules
- 1 tsp lemon juice
- 50ml vegetable or chicken stock
- tsp sesame seeds



Wedges Method

1. Heat oven to 200C/180C fan/gas 6. Put the wedges in a single layer in a roasting tin. Whisk together the olive oil, oregano, garlic granules, lemon juice and stock. Pour the liquid over the potatoes, ensuring they are well coated. Season and bake for 1 hr, stirring every 15 minutes so they don't stick to the tin.
2. Add the sesame seeds, increase the heat to 220C/200C fan/gas 7, and bake for a further 10 minutes.

Goujons Method

1. Pre-heat oven to 200°C.
2. Line a baking tray with baking parchment.
3. With scissors, cut the chicken fillet into 4-6 strips.
4. In a small bowl, whisk the egg with a fork until the white and yolk are mixed thoroughly.
5. Place the breadcrumbs and flavouring on a large plate and mix together.
6. Dip the chicken strips into the beaten egg ONE AT A TIME and then coat in breadcrumbs before placing on the lined baking tray.
7. Spray lightly with the Fry Light and bake in the oven for 20-25 minutes until golden brown.

Wrap Method

1. Turn on panini toaster to heat up. Lay it out, make slice from the centre out to the edge with a pizza cutter. Lay the fillings separately on each quarter. Fold it up a quarter at a time.
2. Place folded wrap into panini toaster and press lid down. Leave for 3 mins until cheese is melted and wrap golden brown.
3. Serve on plate with sticky sesame wedges and balsamic rocket side salad.

Pizza and Cupcakes

Molly
Year 8 (Lewis)

Pizza Recipe

Ingredients:

- 300g strong bread flour
- 1 teaspoon instant yeast
- 1 teaspoon salt
- 1 tablespoon olive oil
- 200mls tomato puree
- 100g cheddar cheese
- 100g mozzarella
- 200mls warm water

Method:

- Add flour to large bowl and stir in the yeast and salt.
- Pour in 200mls of warm water and olive oil and mix with a wooden spoon until you have a soft dough.
- Knead until smooth on a lightly floured surface then roll out the dough into large rounds using a rolling pin.
- Top with tomato puree and cheeses and cook in the oven for 8-10 minutes at 220°C.



Cupcakes Recipe

Ingredients:

- 275g unsalted butter
- 150g light brown sugar
- 3 medium eggs
- 125g self raising flour
- 25g cocoa powder
- 250g icing sugar
- 150g Cadburys dairy milk

Method:

- Beat butter and sugar until fluffy then add the eggs, flour and cocoa powder and mix until well combined.
- Split the mixture between cupcake cases evenly and bake in the oven for 17-20 minutes at 160°C then leave to cool on cooling rack.
- For the buttercream – melt the Cadburys dairy milk in the microwave.
- Beat the butter and icing sugar together until fluffy and smooth.
- Add the melted chocolate to the buttercream and mix again.
- Pipe the icing onto the cupcakes and decorate with sprinkles and Mini Eggs.



Dumplings with Sauerkraut and Mushrooms

Zofia
Year 9 (Shearman)



Ingredients for stuffing

- 1 jar of dry mushrooms
- 1kg of sauerkraut
- 1 carrot
- 1 Parsley
- 3 teaspoons of oil
- 3 onions

Method

1. Mushrooms rinse, pour cold water and let stand for 6 hours or for the whole night. The next day boil, add the peeled carrots, parsley and cook until soft. At the end of cooking season with salt and pepper.
2. Squeeze the cabbage and cook in 300 ml of water until soft with the addition of salt to taste (about 45 minutes), carefully squeeze.
3. Drain the mushrooms, carrots and parsley, preserving the decoction (use for example mushroom soup). Very well squeeze out of the water and together with cabbage grind in a meat grinder with very large eyelets, about 1 cm in diameter (or finely chopped on a board).
4. In a frying pan in oil glaze the onions, add to the stuffing. The ingredients of the stuffing are well worked out, combining everything together, seasoned with salt and pepper.

Ingredients for dumplings

- 600 g wheat flour
- 1/2 teaspoon salt
- 400 ml boiling water
- 50 g butter

Method

1. Sift the flour into a bowl, add salt. Put butter in hot water and melt, gradually pour into flour, stirring everything with a spoon. Combine the ingredients and place them on a floured joinery.
2. Knead the dough for about 10 minutes until smooth and soft. Put the dough in a bowl, cover tightly and allow it to stand for 30 minutes.
3. Divide the dough into 4 parts, roll out successively into pies. With a small glass, cut out the circles, apply stuffing to the centre, fold in half and clump the edges in dumplings.
4. Cook until soft, for about 3 minutes, but it is best to check that the dumplings are already soft, unloading one on a spoonful and touching with your finger.
5. Serve with oil-glazed, finely diced onions.

Salads

Ingredients

- 2 carrots
- handful of raisins

Method

Grate carrots on a medium-mesh grater and mix with raisins

Ingredients

- Jar of pickled celery in vinegar brine
- Few pineapple pieces
- Walnuts

Method

1. Mix everything together in a bowl.
2. Add pickled cucumbers if you want.

Waffles

Zofia
Year 9 (Shearman)

Ingredients

- 3 cups of flour
- 2 cups of milk
- 1 cup of water
- 0.5 a cup of sunflower oil
- 3 eggs
- 3 tablespoons of sugar
- 1.5 teaspoons of vanilla sugar
- 1.5 teaspoons of baking powder
- 2 pinches of salt
- Fresh fruit
- Fresh whipped cream



Bake for about 2 min 10 sec

Method

1. Preheat the waffle maker
2. First add flour, sugar, vanilla sugar, baking powder, and the eggs into a bowl
3. Then add milk, water, sunflower oil and gently mix until smooth
4. When the waffle maker is heated add the mixture and wait for 2 min and 10 sec
5. After take out and wait a couple of seconds to cool a little and add whipped cream and fresh fruit
6. Enjoy!!

Mbakbaka

Wagedan
Year 9 (Welch)

If you've never had Libyan food before, I'd highly encourage you to try **Mbakbaka**. A one pot lamb and pasta dish that is seasoned with a uniquely warm and earthy spice mix. Recipe and guaranteed enjoyment inside

What is Mbakbaka?

This strangely named food is the pride and joy of Libyan people, and is regarded as a quintessential Libyan food. It gets its name from the noise it makes (bak-bak-bak-bak-bak) as the thickened stew boils when pasta is added. It's put together by stewing meat (usually lamb, but beef or chicken can be used) with a blend of Libyan spices called Bazaar (like Bazaar without pronouncing the first "a"), which has a warming and earthy flavor composition. Once the meat is cooked through, pasta is added to the stew, where it absorbs the liquid and gets infused with the flavors of the dish. The end product is a pasta dish that's packed full of flavor, contains perfectly cooked chunks of meat, and a delicious thickened broth.

Ingredients

- 4 chicken thighs
- 1/2-1 lb. pasta
- 2-3 tbsp canola oil or other flavorless oil
- 1 medium onion diced
- 3-5 cloves garlic minced
- 3 oz. tomato paste
- 1 tsp cayenne pepper
- 1 tsp caraway powder
- 2 tsp coriander powder
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1 pinch ground cloves
- 1 pinch nutmeg
- 1 pinch cinnamon
- 1 pinch ground cardamom
- 1/4 tsp [turmeric](#)
- 1/2 tsp pepper
- 1/2-1 tsp salt
- 3 jalapeños



Method

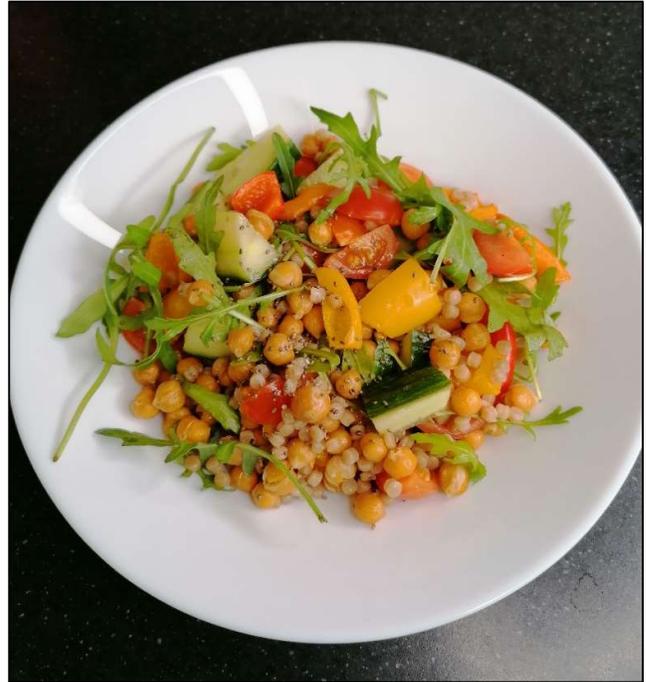
1. Bring 8 cups of water to boil in a kettle.
2. Sautee the onion in the canola oil over medium-high heat until translucent.
3. Add the chicken and brown on all sides.
4. Lower the temperature. Add the garlic, tomato paste, all the spices including salt & pepper, and cook 2-3 minutes.
5. Raise the heat to medium high, add the 8 cups of hot water, bring to boil, reduce to simmer, and cook for ~20 minutes until the chicken is cooked.
6. Bring back to a boil and add 2 whole jalapeños and 1 sliced thinly, and the pasta. Add more boiling water if necessary.
7. The pasta will take longer to cook than if cooking in water. As soon as it is cooked, enjoy!

Chickpea Salad

Katelyn
Year 9 (Duncan)

Ingredients:

- A tin of Chickpeas
- Mixture of small Peppers
- 4 small Tomatoes
- ¼ of a Cucumber
- 50g of Giant Couscous
- Handful of Rocket
- Sprinkle of Chia Seeds
- 1 tablespoon spoon of Maple Syrup
- Olive Oil



Method:

1. Drain and wash the chickpeas.
2. Chop up peppers.
3. Put the peppers and chickpeas in a bowl and add a splash of maple syrup.
4. Then put them on a tray and roast for 25mins.
5. While they are roasting measure out 50g of giant couscous.
6. Then fry for 2-3 minutes.
7. Next add 100ml of water to the pan.
8. Keep stirring for 16mins or until soft and ready to eat.
9. When the couscous is done chop up cucumber and tomatoes.
10. When the chickpeas and peppers are done add them to the couscous and mix in the veg.
11. Lastly add in a handful of rocket and another splash of maple syrup. And..... Enjoy!

Tortiflette

Agnes
Year 8 (Duncan)

Ingredients

- 2 onions
- 2kg of potatoes
- 2 reblochons
- 250g bacon
- butter

Method

1. Peel the potatoes then cut them into dices.
2. Cut the onions into small cubes.
3. Put a lump of butter into a large pan and add the onions.
4. Cut the potatoes and add this to the pan and cook until ready.
5. Cut the bacon into small pieces and add them to the dish.



Spaghetti Bolognese

Amelia
Year 8 (Duncan)

Ingredients

- 500g minced beef
- 1 onion
- 1 clove of garlic
- 1 litre of tomato passata
- 1 teaspoon of oregano
- Spaghetti
- Pinch of salt and pepper
- A little oil
- 750ml hot water

Method

1. Pour a little bit of oil into a pan then add one chopped onion. After the onion turns golden in colour add the garlic.
2. Add the minced beef to the onion and garlic and cook it through. Once it is a brown colour add the water and boil until the water has evaporated.
3. Next add the passata to the mince and cook for around 25 minutes. Once it is done add the oregano and salt and pepper.
4. Set the pan aside and add boiling water to another pot for the spaghetti.
5. Cook the spaghetti for around 10 minutes and then serve it with the bolognese.
6. Enjoy!



Chicken Pasta

Belle
Year 8 (Welch)

Ingredients

- 350g pasta
- 300g broccoli (cut into small florets)
- 1 tbsp olive oil
- 3 large chicken breasts (cut into bite size chunks)
- 2 garlic cloves
- 2 tbsp wholegrain mustard
- Juice of 1 large orange
- 25g flaked almond



Method

1. Cook the pasta in boiling water. 3 minutes before the pasta is cooked throw the broccoli into the pasta water and continue to boil.
2. While the pasta is cooking, gently heat the oil in a large frying pan. Tip in the chicken and fry, stirring occasionally, until the chicken pieces are cooking and golden, about 8-10 minutes adding the garlic for the last 2 minutes.
3. Mix the mustard with the orange juice in a small bowl. Pour the mixture over the chicken and gently simmer for a minute or two. Drain the pasta and broccoli, reserving 3 tablespoons of the pasta water. Toss the pasta and broccoli with the chicken, stir in the pasta water and the almonds. Season and serve.

Chicken and Cheese Pasta

Eva
Year 9 (Welch)

Ingredients

- 226g pasta
- 2 tablespoons olive oil
- 128g chopped onion
- 4 chicken breasts or chicken tenders (cut into small pieces)
- 113 to 170g ham (diced)
- 1 teaspoon of salt
- 3 tablespoons butter
- 3 tablespoons flour
- 473ml of milk
- One chicken stock cube
- 128g Parmesan cheese
- 8 ounces shredded mild or sharp cheddar cheese
- 1 tablespoon chopped fresh or dried parsley (optional)
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt (or to taste)
- 64g soft bread crumbs
- 1 tablespoon butter (melted)



Method

1. Heat oven to 180 degrees Celsius.
2. Grease baking dish.
3. Cook pasta as directed on package. Drain in a colander and rinse with hot water. Heat olive oil in a large skillet over medium heat. Saute onion until it is just tender. Add chicken and diced ham and salt. Saute, stirring, until chicken is cooked through. Set aside.
4. In a large saucepan, melt 3 tablespoons butter over medium heat. Stir in flour until smooth and bubbly. Gradually stir in the milk and continue cooking, stirring, until thickened.
5. Stir in about half of the Parmesan cheese, and half of the Cheddar cheese. Stir in parsley, if using. Add salt and pepper, to taste. Stir in the chicken and ham mixture, then combine with the drained pasta.
6. Spoon the pasta mixture into the baking dish. Top with the remaining Parmesan and Cheddar cheeses.
7. Combine the breadcrumbs with 1 tablespoon melted butter; toss to blend well. Sprinkle the crumbs over the top.
8. Bake for 30 minutes, or until top is golden-brown and bubbly. Remove from oven and serve.

Chimichanga

Jessika
Year 11 (Shearman)

Ingredients

For the chimichanga

- 1 small onion
- ½ red pepper
- 1 tsp chilli powder
- 1 ½ tsp garlic granules
- ½ tsp ground cumin
- 400g chopped tomatoes
- 1 tsp Henderson's relish
- Juice of 1 lime
- 400g black beans
- 4 low-calorie wraps
- 80g reduced-fat cheddar

For the pico de gallo

- 2 salad tomatoes
- 1.4 red onion
- 10g coriander
- Juice of ½ lime
- Pinch of dried chilli flakes
- Pinch of granulated sweetener
- 50g fat-free Greek yoghurt



Method

1. Place all of the ingredients of the pico de gallo in a small bowl and mix. Cover and refrigerate until needed. Pre-heat the oven to 200 degrees.
2. Spray a large pan with cooking spray and place over a medium heat. Add the onion and pepper and saute for 3-4 minutes. Add the chilli powder, cumin and 1 tsp of the garlic granules. Cook for 1 minute until fragrant, then add the tomatoes, Henderson's relish and half the lime juice. Stir the chicken and allow to heat through.
3. While the filling is heating through, mash the beans with the remaining ½ tsp of garlic granules and other half of the lime juice.
4. Now assemble the wraps. Spread some bean mash over each wrap. Place a quarter of the filling towards the bottom of one wrap and sprinkle on a quarter of the cheese. Fold up the end, then fold in the two side and roll up, keeping the edge sealed. Place the wrap on the prepared baking sheet then repeat with the other wraps.
5. Spray with low-calorie spray and then bake in the oven for 15-10 minutes until the wraps are crisp and golden. Serve topped with the pico de gallo and a spoon of Greek yoghurt.

Bacon and Bean Burritos

Lauren
Year 11 (Shearman)

Ingredients

- 2 tortilla wraps
- 50g cheese
- 1 onion
- 3 slices of bacon
- ½ teaspoon chilli powder
- ½ tin red kidney beans
- ½ tin mixed beans
- ½ tin chopped tomatoes



Method

1. Peel and chop onion finely
2. Cut bacon into small pieces
3. Add oil to saucepan and fry onion, bacon and chilli powder until soft
4. Add the beans and tomatoes
5. Cook for approximately 5 minutes until the mixture is thick
6. Grate the cheese
7. Soften tortilla wraps in a microwave and sprinkle cheese on top
8. Fold the tortilla wraps over to form a square parcel and serve

Pancakes and Bacon

Willow
Year 11 (Duncan)

Ingredients

- Plain flour 300g
- 2 eggs
- Milk
- Bacon
- Syrup



Method

1. Put the flour eggs and to start with a splash of milk in a large bowl
2. Mix and add more milk until the consistency mirrors that of honey
3. Put vegetable oil in a hot pan and pour a ladle of pancake batter into the pan and spread with the bottom of the ladle moving outward in circular motions.
4. Wait until the top of the pancake has a skin then flip.
5. Wait until cooked and remove from the pan
6. Repeat steps 3 to 5 until you have no more batter left.
7. Heat a pan with oil and cook the bacon
8. Serve with maple syrup.
9. Enjoy!

Additional dishes

Maebh
Year 8 (Duncan)



Chicken ramen
Arianna
Year 10 (Welch)



Pizza
Nate
Year 12 (Shearman)

