

# Thurrock holiday activities and food programme

## Recipe cards

[www.thurrock.gov.uk/holiday-activities-and-food](http://www.thurrock.gov.uk/holiday-activities-and-food)

# Chicken Biryani

## Ingredients:

- Vegetable Oil – 75ml
- Onions – 120g
- Ginger, Fresh – 10g
- Garlic Puree – 2g
- Curry Powder – 18g
- Tin of Chopped Tomatoes – 240g
- Water – 600ml
- Cauliflower – 90g
- Broccoli Florets – 60g
- Diced Carrots – 90g
- Chickpeas – 120g
- Peas – 90g
- Easy Cook Basmati Rice – 165g
- Sweet Pots, Orange Flesh – 45g
- Coriander – 30g
- Chicken Breast, Diced – 300g

## Allergens:

- none listed

Whilst we have checked to make sure the allergen advice above is correct, you should check the allergen information on all ingredients you purchase for this recipe.

Our allergen advice is based on products purchased from suppliers of school meals in Thurrock. Allergens may differ in products bought from shops and supermarkets.

## Method:

1. Heat the oil in a pan. Add the diced chicken and cook till the chicken has changed from pink to white. Then add the peeled and sliced onion, cook until soft and golden, then add the chopped ginger, garlic puree and curry powder to the pot and cook for 1 minute.
2. Add the tomatoes, hot water and bring to the boil. Stir in the cauliflower, broccoli, carrots, chickpeas and diced potato.
3. Bring back to the boil then simmer until the vegetables are tender and the chicken is piping hot. Stir in the peas and simmer for a further 5 minutes.
4. Cook rice and drain
5. Mix rice with the curry mix and chopped coriander.

## Portions:

- makes 4 portions

# Banana Sponge

## Ingredients:

- Self-Raising Flour – 175g
- Wholemeal Flour – 75g
- Caster Sugar – 125g
- Margarine Spread – 200g
- Eggs – 3 medium free range
- Bananas, Small – 300g

## Allergens:

- cereals containing **gluten, eggs**

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## Method:

1. Place the margarine and the sugar into a bowl and cream together.
2. Add the eggs and mix.
3. Roughly chop or mash the bananas and add to the mixture, beating again until evenly mixed. Don't worry if the mix looks split it will come together when the flour is added.
4. Add both flours all at once and fold into the mix.
5. Place the mixture into a greased and lined sponge tin.
6. Cook in the oven at Gas Mark 3 / 150°C for about 25 minutes, or until firm to the touch and golden brown.
7. Remove from the oven and allow to cool for a few minutes before returning our on to a cooling rack.

## Portions:

- makes 4 portions

# Tomato and Basil Pasta Bake

## Ingredients:

- Vegetable Oil – 100ml
- Pasta – 270g
- Onions – 60g
- Country Range Garlic Puree – 2g
- Tin of Chopped Tomatoes – 240g
- Tomato Puree – 60g
- Vegetable Stock Cube – 1
- Basil, Fresh – 20g
- Mild White Cheddar – 60g
- Tap Water – 100ml

## Allergens:

- **celery**
- cereals containing **gluten, milk**

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## Method:

1. Finely chop onions and herbs.
2. Fry the onions and garlic until slightly brown.
3. Add the chopped Tomatoes, tomato puree and stir, continue to cook for about 20 minutes.
4. Add water, herbs and vegetable stock cube.
5. Simmer for a further 10 minutes.
6. In a separate pan cook the pasta by boiling water first then add pasta to boiling water. Boil for about 8 minutes, drain and refresh by running under cold water, then add to the sauce.
7. Put in serving dish then sprinkle with cheese, place in preheated oven at 170°C for about 15 to 20 minutes or until golden brown.

## Portions:

- makes 4 portions

# Carrot Cake

## Ingredients:

- Self-Raising Flour – 150g
- Ground Mixed Spice – 1 teaspoon
- Vegetable Oil – 125ml
- Eggs – 2 medium free range
- Fresh Carrots – 180g
- Demerara Sugar – 100g

## Allergens:

- cereals containing **gluten, eggs**

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## Method:

1. Wash, peel and grate the carrots, set aside.
2. Mix together the sugar, oil and eggs.
3. Fold in the grated carrots.
4. Fold in the flour and mixed spice.
5. Place into a lined sponge tin, cook at Gas Mark 4 / 155°C for about 25 minutes.

## Portions:

- makes 4 portions