

Every week, we will send different activities that will support you and your children.

wc 8th June 2020

Here are recipe ideas to cook for your family!



Budget and Simple Recipes

With thanks to a colleague for these

Toad in the hole

Ingredients

Serves 4

210g plain flour

4 eggs

400ml milk

8 plain pork sausages

(can use frozen cook for 10 minutes then pour on batter)

Salt and pepper to taste

Method

Heat oven 180 (gas mark5)

Beat eggs, flour, milk and salt/pepper together leave to stand for 10 minutes.

Put sausages in an oven proof dish and cook for 10 minutes then after 10 minutes pour over the batter mixture and cook for 20 minutes until risen and golden brown.

Serve with frozen veg or baked beans.

Spanish Omelette

Serves 4

Ingredients

500g of potatoes

1 onion

6 eggs

10ml of sunflower oil for cooking

Salt and pepper

Method

Peel and cut potatoes and cook for 20 minutes when cooked drain and allow to cool and slice.

Beat the eggs, then heat the oil in a frying pan when hot put the sliced potatoes and chopped onions in and fry, when browned pour in the eggs and cook until set.

Pop under the grill if you want to brown the top of the omelette.

Serve with frozen veg, salad, beans or spaghetti hoops.



Pasta Bake

Serves 6

Ingredients

500g of pasta

259g of mixed frozen veg

2x400g tinned tomatoes

100g mature cheddar

1 med onion

2 tea spoons of mixed herbs

2 tea spoons of garlic granules

1 table spoon of sun flower oil

Method

Fry onion and frozen veg in the oil until soft then add tinned tomatoes and salt, pepper and garlic granules. Let the sauce gently bubble for 15 minutes being careful it doesn't stick to the bottom of the pan. Meanwhile boil the water for the pasta and cook to the instructions on the packet. When the pasta is cooked drain and add to the sauce and mix well, out a large oven proof dish sprinkle the grated cheese on top and place in the oven for 20 minutes until golden brown.

Serve with salad.

Cheese and potato pie

Serves 4.

Ingredients

6 potatoes

198g cheese of choice

3 table spoons of milk (6 dessert spoons)

2 table spoons of butter/marg (4 dessert spoons)

Method

Pre-heat oven 180 /gas mark 5

Peel and cut potatoes into chunks and boil in salted water for 20 minutes.

Drain potatoes and put back into saucepan and mash with the milk and butter then add the cheese.

Put into an ovenproof dish and cook for 20 minutes until golden brown.

Serve with salad or baked beans.

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