



GIFFNOCK PRIMARY SCHOOL



Let's Cook

— Cookalong —

Recipes for families to cook together





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QUESADILLA

RECIPE - Portions:

2oz Strips Chicken

2oz Salsa Sauce

$\frac{1}{2}$ teaspoon Cajun Spice

1oz Grated Mozzarella

1oz Grated Cheddar

2 Tortilla Wraps

Selection of Vegetables Chopped

Tossed Mixed Salad

Tortilla Chips

METHOD:

1. Chop up selected vegetables, red onion, mixed peppers, courgette and mushrooms.
2. Mix strip chicken pieces, salsa sauce and Cajun spice together.
3. Place one of the tortilla wraps on a baking tray lined with parchment.
4. Cover the chicken and spice mixture.
5. Cover with vegetables.
6. Sprinkle grated cheese and put other tortilla on top - place in warm oven for 10 minutes.
7. Cut into 4 and serve with salad, tortilla chips and salsa sauce.



Macaroni Cheese & Garlic Bread

RECIPE - Portions 2:

$\frac{1}{2}$ pint Semi Skimmed Milk

2oz Grated Low Fat Cheese

1oz Stork

1oz Plain Flour

3oz Dried Italian Shortcut Macaroni Pasta

METHOD:

1. Melt stork in a pan
2. Add flour and cook roux out properly
3. Gradually whisk in milk, whisk constantly and cook until the mix comes up to the boil
4. Add in $\frac{1}{2}$ cheese and stir until all mixed through
5. Add dry pasta to boiling water and cook until al dente
6. Mix cooked pasta through cheese sauce
7. Place in oven proof dish and sprinkle with low fat cheese
8. Bake in oven until piping hot throughout (82°C) and cheese is golden on top

ALLERGY INFORMATION

Suitable for vegetarians – Contains Dairy, Contains Wheat, Contains Gluten

CHEESE & TOMATO PIZZA

RECIPE - Portions:

5oz Self Raising Flour

1oz Soft Margarine

70ml Water

112g Tomato Coulis

Sprinkle of Mixed Herbs

60g Low Fat Cheese

Selection of Fresh Vegetables

METHOD:

1. Rub together flour and margarine.
 2. Add water until mixture forms a ball.
 3. Roll and shape onto a baking sheet.
 4. Spread with tomato coulis.
 5. Cut up selected fresh vegetables to go on top of pizza base.
 6. Sprinkle with cheese and place in 180°C oven for 10-12 minutes.
- Suitable for vegetarians
 - Contains gluten



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RASPBERRY or BLUEBERRY MUFFINS

RECIPE - Portions:

8oz Self Raising Flour

6oz Soft Margarine

6oz Caster Sugar

6oz Liquid Egg

4oz Frozen Raspberries

4oz Milk

METHOD:

1. Cream together margarine and caster sugar.
2. Slowly add egg to the mixture with a little flour to stop mixture curdling.
3. Add milk until a smooth consistency.
4. Add in frozen or fresh raspberries / blueberries.
5. Divide equally into 12 muffin cake cases.
6. Place in oven at 160°C for 20-25 minutes.
7. Icing is optional.