

7B

R2: Week 1: Mini-Frittatas

Date:

Mini Vegetable Frittatas



Ingredients:

- 1 large baking potato
- 100g cheese
- 6 eggs
- 150ml milk
- 12 muffin cases

You will need at least 12 very thick cupcake or muffin cases (so the egg doesn't stick to the cases) If you want to make one large frittata, you would have to bring your own skillet from home.

R2: Week 2: Pasta Bake

Date:

Pasta Bake with cheesy breadcrumb topping



Ingredients:

- 250g pasta quills or rigatoni (any shape will do however)
- 1 tin of chopped tomatoes
- 1 Onion
- 5 closed cup mushrooms
- 1 peppers
- 75g cheese
- 2 slices of bread

Optional:

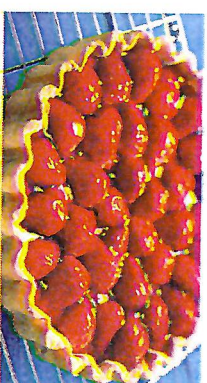
You may add some pre-cooked meat if you wish.

Large Casserole dish to take it home in.

R2: Week 3: Fruit Tart

Date:

Fruit tart with quick jel.



Ingredients:

- One block of ready made chilled short crust pastry.
- 500g of fresh fruit, or a tinned alternative
- 1 TWIN pack of Quick Jel or any Jelly glaze alternative. Any Flavor that suits your choice of fruit.

One large to medium flan dish or two Victoria sponge tins will work.

