

Chicken Pasta Bake

Ingredients	Equipment
200g pasta (Shells) 200g chicken Broccoli 1 tin chicken soup 100g cheddar cheese 100g breadcrumbs	Ovenproof/lasagne dish Large saucepan Medium saucepan Wooden spoon Chopping board Sharp knife Measuring jug Grater

Method

1. Preheat oven to 180C and Boil kettle
2. Chop chicken into cubes and cook until white in oil.
3. Wash & cut up broccoli & cook in boiling water for 2 mins - drain
4. Grate cheese and add to breadcrumbs.
5. Put on pasta to cook in boiling water for 12-15 minutes.

For the sauce:

6. Add the tin of chicken soup to the chicken and simmer..

Assembly of dish:

8. Drain the pasta & add it to the sauce and chicken.
9. Add the broccoli and transfer mixture to the ovenproof dish
10. Sprinkle breadcrumbs over the top and bake for 20 minutes.

Spaghetti Bolognese

Ingredients	Equipment
800g premium mince 1 onion 2 cloves garlic 1 red pepper 1 tin chopped tomatoes 2-3 tbsp tomato puree 1/2 tsp chilli powder 350g pasta (spaghetti/any pasta shapes)	Chopping board Wooden spoon Grater 2 Saucepans with lids Sharp knife

Method

1. Boil kettle and half fill a large saucepan, add 1 tbsp. of oil. When water is bubbling place pasta in saucepan and cook for 10-15 minutes until tender.
2. Chop onion and garlic.
3. Heat 1 tbsp of oil and add onion and garlic and sauté for 3 minutes.
4. Add tomato puree and minced meat and cook until the meat is browned.
5. Add the tomatoes and chilli powder and cook on high for 5 minutes and then lower the heat for 15 minutes
6. Drain the pasta and arrange on plate. Serve bolognese on the pasta and enjoy!

Chicken Curry & Rice

Ingredients	Equipment
Chicken breasts (optional) 1 large onion 2 garlic cloves 1 red pepper 1 chicken stock cube and 400ml water 2 heaped tbsp curry powder 2 tbsp oil 1 1/2 tsp of cornflour(for thickening) Salt and pepper 1 tsp chilli powder 200g rice	2 Saucepans & lids Garlic crusher Chopping board Knife Jug Wooden spoon

Method

1. Cut each chicken breast with a scissors into 6-8 large pieces.
2. Dice onion and pepper. Crush garlic clove.
3. Dissolve stock cube in water. Mix the chilli powder and curry powder in a little dish with the cornflour.
4. Heat the oil in a saucepan, sauté the garlic and onion. After two minutes add the chilli and curry powder.
5. Stir for one minute and then add the chicken, the stock and peppers.
6. Bring to the boil and simmer for 35 minutes with the lid on the pot. Stir regularly.
7. Add the tomato puree. 5 minutes from the end stir in yoghurt or cream.
8. After 15 minutes bring 1/2 saucepan of water to the boil. Add the rice and cook for 12-15 minutes. Drain into a colander. Serve curry on rice.

Homemade Chicken Goujons

Ingredients	Equipment
125g breadcrumbs/Crushed cornflakes 1/2 tsp chilli powder (optional) Salt and pepper 4 boneless and skinless chicken breasts, cut into strips 50g plain flour 2 medium free-range eggs, beaten 2 tbsp vegetable oil	3 bowls Chopping board Scissors Baking tray

Method

1. Preheat the oven to 190°C. Oil two baking trays with vegetable oil.
2. Mix the breadcrumbs and chilli powder in a shallow bowl. Add salt/pepper.
3. Beat the eggs in another bowl.
4. Place the flour in another bowl
5. Cut the chicken into strips with the scissors.
6. Dip the chicken pieces in plain flour, then in the beaten egg and finally coat in the breadcrumbs.
7. Shake off the excess and lay the chicken goujons on the oiled baking tray.
8. Drizzle the goujons all over with more of the vegetable oil.
9. Bake in the oven for 30-35 minutes, turning half way through. Remove from the oven when completely cooked through and golden-brown all over.
10. Serve the goujons with ketchup or barbecue sauce.

Homemade Chips/Wedges

Ingredients	Equipment
3-4 potatoes 2 tbsp oil 1 tsp Chilli powder (optional) Pinch of salt & pepper	Large bowl Sharp knife Chopping board Flat oven tray

Method

1. Preheat oven to 180C/Gas 6
2. Wash and peel potatoes. Cut potatoes in half and then into chip slices.
3. Place the oil, seasoning, salt and pepper in the bowl and mix. Toss the chips in this mixture.
4. Spread on the baking tray and cook for 20-25 minutes until brown and crispy, turning once after 15 minutes.
5. Serve with ketchup, salsa or dips.

Garlic Bread

Ingredients	Equipment
1 garlic clove 1 medium-baguette 50-75g butter softened	Baking tray Tinfoil Sharp knife Small bowl

Method

1. Pre-heat oven to 180C
2. Crush garlic, mix with butter and parsley in a bowl.
3. Cut slits into baguette and butter with garlic butter.
4. Wrap in tinfoil & bake for 20 minutes until golden.

Pancakes

Ingredients	Equipment
125g Flour Pinch Salt 1 Egg 300ml Milk Oil for frying	Large Bowl Whisk Measuring jug Spoon Frying pan

Method

1. Sieve flour and salt into a bowl.
2. Make a well in the centre of the flour, break in the egg and add about a third of the milk. Beat well, gradually pouring in the rest of the milk and whisking to make a smooth batter.
3. Pour batter into a jug and allow to stand for about 30 minutes.
4. Brush a frying pan with oil. When the pan is hot, give the batter a stir before pouring a thin layer onto the pan.
5. Fry until golden brown. Turn and fry the other side until brown also.
6. Stack pancakes on a large plate, as they are cooked.
7. Fill with fresh fruit and drizzle with maple syrup, or choose another delicious sweet or savoury fillings. Enjoy!

Mercy Secondary School



A simple Guide to Homemade Meals for the Family



Dear Parent,

Many of life's most important lessons are learned at home and often at the dinner table. Mealtime is a great way to connect with our family and talk out anything that might be bothering us.

The following meal plan and simple recipes are designed to help you keep as much of a routine as possible during this uncertain time. It is a good time to get your child helping out in the kitchen and preparing meals with you.

As most of you know, I am a Home Economics teacher, so if there is anything you are unsure of, please give me a call and I will help in whatever way I can. Hopefully this will all be over soon and we can return to school and our daily routines.

Until then, Stay Home and Stay Safe,

Fiona Healy (Home School Liaison Coordinator)

(086) 4114030

Sample Family Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Toast Tea/ Coffee	Cereal with Fruit Tea/ Coffee	Fried Eggs & Toast Tea/ Coffee	Pancakes & Fruit Tea/Coffee/ Juice	French Toast Tea/ Coffee
Dinner	Chicken Pasta Bake	Spaghetti Bolognese Garlic Bread	Chicken Curry and Rice	Fried eggs, Beans and Homemade chips	Chicken Goujons and Curry Chips
Dessert	Jelly & Custard	Rice Pudding	Jelly & Custard	Jelly & Icecream	Tinned Fruit and custard
Tea	Beans & Toast	Pancakes	Sausage Sandwich	Toastie Cheese and onion.	Scrambled eggs/ Toast

