



SEAFORD TRUST COOKBOOK

A delicious collection of recipes created by the staff
and students of the Seaford Learning Trust



INTRODUCTION

Welcome to the first Seaford Learning Trust Cookbook!

We challenged our students and staff to create recipes that provide a balanced meal for a family of four, all for under £10. The response has been overwhelmingly positive, with each submission reflecting creativity, care, and a sense of community.

It has been a joy to receive and review every single recipe, seeing families come together in the kitchen.

We hope this cookbook inspires everyone in our trust community to try out these delicious recipes and enjoy the experience of cooking and sharing meals together.

Bon appétit!

The Student Leadership Team

CRUSHED POTATOES

BY ESME HARKNESS
(SEAFORD HEAD STUDENT)



INGREDIENTS

Greek style salad cheese 100g	(£0.89)	1 Lime	(£0.29)
Salad potatoes 1100g	(£2.19)	Tin of Sweetcorn 326g	(£1.15)
Piri piri	(£0.75)	Pepper x2	(£1.18)
Garlic cloves	(£0.50)	Vegetable oil	(£0.13)
Honey 60g	(£0.39)		
		Total Cost:	(£7.47)

DIRECTIONS

1. Preheat oven to 2000c.
2. Halve the salad potatoes and spread them onto 2 baking trays.
3. Drizzle with oil.
4. Sprinkle with piri piri and 2 crushed garlic cloves on each tray.
5. Toss to coat and place in a single layer, cut side facing down
6. Place on the top shelf of the oven for 20 minutes. If unable to fit both onto the top shelf place one in the middle, swap over after 10 minutes.
7. Meanwhile, zest and half the lime.
8. In a small bowl mix the lime zest, honey and 4 tablespoons of oil. This will be your dressing.
9. Drain the sweetcorn and cut the peppers into 1cm pieces.
10. Heat a large frying pan (no oil) and add the sweetcorn and peppers and cook until charred. This will take about 5 minutes.
11. Once the potatoes have been in the oven for 20 minutes, remove them and lightly crush using the back of a spoon.
12. Drizzle over the honey and lime dressing onto the potatoes and return to the oven for another 15 minutes.

13. In a bowl mix the charred vegetables with crumbled Greek style salad cheese.

14. Sprinkle this with salt, pepper and lime juice to taste

15. Once everything is ready, share your crushed potatoes between the plates and spoon over the charred vegetables



MAC & CHEESE WITH SALAD

BY VERITY WARDLEWORTH
(CHYNGTON STUDENT)



INGREDIENTS

Plain flour	(£0.45)	Macaroni Pasta	(£0.72)
Ice burg Lettuce	(£0.79)	Mini Ciabatta Roll	(£0.40)
whole cucumber	(£0.89)		
Cherry Tomatoes	(£0.69)		
Semi Skimmed Milk	(£1.20)	Total cost:	£9.83
Mature Cheddar Cheese	(£3.00)		
British Butter	(£1.69)		

DIRECTIONS

1. Cook macaroni and drain.
2. Preheat oven to 180 degrees.
3. Grate the ciabatta to make breadcrumbs.
4. Grate the cheese.
5. In a saucepan, melt 150g butter over medium heat. Stir in 1 tablespoon of flour. Slowly add milk, stirring. Bring to boil and stir for 2 minutes. Turn on the heat and add the cheese, some salt and pepper, stirring until the cheese is melted. Add the macaroni noodles and mix well.
6. Turn the macaroni into a dish.
7. Mix together 2 tablespoons of melted butter, 4 tablespoons of breadcrumbs and a dash of pepper. Sprinkle over the mac 'n cheese.
8. Bake for 30 minutes.
9. Make the salad while the macaroni bakes.
10. Serve and enjoy!

STIR-FRY SUPREME

BY VENUS HINDS
(SEAFORD HEAD STUDENT)



INGREDIENTS

Vegan pieces	(£2.50)
Mixed stir fry vegetables	(£1.55)
Noodles	(£2.15)
Plum source	(£1.20)
Dark soy sauce	(£0.75)
Baby corn	(£1.60)

salt and pepper from your kitchen

Total : **£9.75**

DIRECTIONS

1. Fry vegan pieces in a pan in a small amount of oil with salt, pepper and soy sauce.
2. Keep vegan pieces warm using a lid over the pan.
3. Cut up and rinse the baby corn, then boil in hot water with salt and oil.
4. Drain the baby corn.
5. Heat up some oil and stir fry vegetables and add the baby corn to it.
6. Add salt and pepper and stir continually.
7. In another pot, boil water, add salt and noodles. Simmer for 2 mins until ready.
8. Add oil to the wok. Once oil is heated add stir fry vegetables, vegan pieces and noodles.
9. Add soya sauce and plum sauce and then stir well.
10. Prepare all of this with love



CHICKEN CURRY

BY MRS SALISBURY
(SEAFORD HEAD STAFF)



INGREDIENTS

Vegetable Oil 3 tablespoons		Korma Curry Paste 1 tablespoon	(£1.00)
2 Chicken Breasts	(£3.49)	Mango Chutney ½ tablespoon	(£1.25)
1 Onion	(£0.30)	Peas (frozen) 100 grams	(£0.89)
1 Garlic Clove	(£0.30)	1 tin of Coconut Milk	(£1.00)
1 Medium Apple	(£0.89)	1 Chicken Stock Cube Dissolved (in 150 ml boiling water)	(£0.40)
Baby Sweetcorn 100 grams	(£0.70)	add Salt (and freshly ground black pepper)	
Tomato Puree 1 tablespoon	(£0.59)	Total	£9.81

DIRECTIONS

1. Heat the oil in a wok or frying pan and sauté the onion and carrot for 4 minutes or until it's beginning to soften.

2. Add the garlic and sauté for half a minute. Then add the apple and fry for 3 minutes. Add the chicken and fry for a further 4 minutes, until browned all over.

3. Add the korma curry paste, mango chutney, tomato purée, coconut milk and chicken stock and simmer for about 7 minutes.

4. Add the peas and cook for 4 to 5 minutes, until the chicken is cooked through and the sauce has thickened. Season to taste

CARROT & CELERY SOUP WITH CROUTONS

BY RHIANNA PRYER
(SEAFORD HEAD STUDENT)



INGREDIENTS

4 sticks of celery	(£0.69)
8 carrots	(£0.65)
2 stock pots	(£1.00)
a quarter of a baguette	(£1.00)
ground pepper	
water	

Total : (£2.69)

DIRECTIONS

1. Finley chop the carrots and celery.
2. Sweat down the chopped carrot and celery in a pan with oil for 20 minutes (add water when needed).
3. Add the stock and water then let it simmer for 10 minutes
4. After 10 minutes blend the carrots and celery with a hand blender.

Croutons

chop the baguette into little squares and put into the air fryer or oven until crisp.

SPAGHETTI BOLOGNESE

BY RHIANNA PRYER
(SEAFORD HEAD STUDENT)



INGREDIENTS

1 pepper	(£0.59)	1 tomato passata	(£0.60)
2 carrots	(£0.65)	1 tin of chopped tomatoes	(£0.49)
1 celery	(£0.69)	Handful of spaghetti	(£0.75)
1 onion		Quarter of a baguette	(£1.00)
1 pepper	(£0.43)	Butter	(£1.31)
Minced beef 500g	(£3.49)		
		Total:	£9.99

DIRECTIONS

1. Finely chop the pepper, celery, and onion then grate your carrots into a separate frying pan with some oil on a medium heat
2. Once cooked enough add in 500gm of minced beef to the pan.
3. After that add in 1 tomato passata and 1 tin of chopped tomatoes. You can add in mixed herb if you like.
4. Once everything is added give it all a good mix and keep mixing whilst it's cooking.
5. In a cooking pot add a handful of pasta into boiling water-let the pasta cook fully.

Garlic bread

spray your baguette with some oil. Place in the oven or air fryer until crisp. And your crushed garlic to butter and lay on top of the bread.

SEAFOOD LINGUINE

BY TEAM FOOD & NUTRITION
(SEAFORD HEAD STAFF)



INGREDIENTS

Linguine or spaghetti 400g

2 tbsp olive oil

2 garlic cloves, thinly sliced

½ red chilli, deseeded and finely chopped

dry white wine 200ml

Cherry tomatoes, halved 220g (

Seafood selection 200g

handful fresh parsley

1 lemon, cut into wedges, to serve

Serve with tenderstem purple broccoli

Total:

£2.03p per serving

DIRECTIONS

1. Bring a large pan of salted water to the boil and cook the pasta according to pack instructions.
2. Meanwhile, heat the oil in a large frying pan over a medium heat. Add the garlic and chilli and cook for 30 secs-1 min until just turning golden. Pour in the wine, then leave to bubble until reduced by half.
3. Stir the tomatoes into the pan and cook for 1-2 mins to soften. Add the seafood mix and continue to cook for 1-2 mins or until fully heated through.
4. Drain the cooked pasta, reserving about a cupful of the cooking water. Return the pasta to the empty pan and tip in the seafood and tomato mixture. Add a little of the pasta cooking water to loosen, then toss together until everything is well mixed, adding more water as needed.
5. Divide between serving dishes and sprinkle over the chopped parsley. Serve with a lemon wedge to squeeze over.

SPANISH TORTILLA

BY MRS PASTOR PEREIRA (SEAFORD HEAD)



INGREDIENTS

large potatoes, peeled and thinly sliced
(£1.89)

salt and pepper to taste

1/4 teaspoon smoked paprika (£0.99)

1 sweet Spanish onion, sliced (£0.69)

6 large eggs (£1.59)

1 bunch fresh parsley, chopped (£0.59)

1 tablespoon olive oil

Total:

£5.75

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Heat 1 tablespoon olive oil in an oven-proof skillet over medium heat until it shimmers. Place potatoes into hot oil and season with salt and pepper. Sprinkle with smoked paprika. Pan-fry potatoes, stirring and tossing occasionally, until they start to soften, about 8 minutes.
3. Add onion and cook, stirring occasionally, until potatoes and onion are lightly browned and onion is translucent, about 10 more minutes. Remove the skillet from heat and allow to cool for about 5 minutes.
4. Beat eggs with 1 teaspoon olive oil in a large bowl. Stir in parsley, then add potato-onion mixture until lightly combined.
5. Heat 1 tablespoon olive oil in the same skillet over medium heat until it shimmers. Gently spoon egg-potato mixture into hot oil. Reduce heat to medium-low and shake the skillet a few times to help release omelette from the bottom of the skillet. Slide the skillet into the preheated oven.
6. Bake in the preheated oven until omelette is puffed and the top is golden brown, about 5 minutes. A toothpick inserted into the centre of omelette should come out clean; cut into pie-shaped pieces and serve

MAC N PEAS

BY MR BLACKBURN
(SEAFORD HEAD STAFF)



INGREDIENTS

Macaroni 300g	(£0.43)	<u>For the sauce:</u>	
Frozen peas 500g	(£0.80)	Butter 45g	(£0.30)
		Cheddar cheese (grated) 25g	(£0.18)
		Handful of basil	(£0.25)
		2 garlic cloves	(£0.03)
		Total:	£1.99

DIRECTIONS

1. In a large pan, boil the pasta until it's al dente or cook longer if preferred.
2. Either microwave the peas or cook them in a pan.
3. Melt butter in a frying pan.
4. Slice garlic and add it to the melted butter. Sauté until fragrant.
5. In a blender, combine the melted butter, garlic, grated cheese, basil, and half (250g) of the cooked peas.
6. Season to taste and blitz until you achieve a rough paste or a smooth consistency.
7. Add the sauce to the remaining peas and the cooked macaroni.
8. Serve the dish on its own or with garlic bread. For extra flavor, consider topping it with crispy onions.

VEGETABLES & CHICKEN RICE

BY HOLLY BARTLETT
(CHYNGTON STUDENT)



INGREDIENTS

pasta 200g	(£1.00)
1 chicken breast , diced	(£2.20)
Ham , diced 100g	(£1.10)
1 cup broccoli florets	(£1.25)
1/2 cup grated cheese (cheddar, Parmesan, or your choice)	(£1.00)
Pinch of salt	

Total: **£7.55**



DIRECTIONS

1. In a large pot, bring salted water to a boil.
2. Add the pasta and cook according to the package instructions until al dente.
3. Drain the pasta, reserving about 1/2 cup of the pasta water, and set aside.
4. In a large skillet, heat 1 tablespoon of olive oil over medium heat (optional).
5. Add the diced chicken breast and a pinch of salt.
6. Cook until the chicken is golden brown and cooked through, about 5-7 minutes.
7. Remove the chicken from the skillet and set aside.
8. In the same skillet, add the broccoli florets.
9. Cook until tender, about 3-5 minutes.
10. If using, add minced garlic and cook for an additional 1 minute.
11. Add the diced ham to the skillet with the broccoli.
12. Return the cooked chicken to the skillet.
13. Add the cooked pasta to the skillet and toss to combine all the ingredients.
14. If the mixture seems dry, add some of the reserved pasta water a little at a time until desired consistency is reached.

Sprinkle the grated cheese over the pasta mixture.



BEEF GOBBLER

BY EVA SMITH
(SEAFORD HEAD STUDENT)



INGREDIENTS

2 tbsp of olive oil		For the topping:	
1 large onion	(£0.12)	Normal or GF flour 225g	(£1.00)
1 medium carrot	(£0.52)	½ tbsp gluten-free baking powder	
2 celery sticks	(£0.62)	Butter 50g	(£1.29)
1 plump garlic clove		Red Leicester 50g	(£0.62)
Can of tomatos 400g	(£0.49)	1 tbsp thyme leaf	
Beef mince 500g	(£3.49)	low fat natural yogurt 150ml	(£0.82)
150ml/ ¼ pint beef stock	(£0.31)		
1tbsp Worcestershire sauce		Total	(£9.28)

DIRECTIONS

1. Put the oil in a frying pan and cook the onion until soft
2. Add carrot, celery and garlic until light brown
3. Mix in the meat and break up with a spoon
4. Stir often until brown
5. Add the thyme, tomatoes, stock, Worcestershire sauce and parsley and season to taste
6. Cover and simmer for 15 mins
7. Preheat the oven to 200C/gas 6/fan 180C
8. Sift the flour and baking powder and rub in the butter
9. Add cheese, herbs and then the yogurt. Then mix to a soft dough
10. Turn out on to a lightly floured board and knead lightly
11. Roll to about 1cm/½in thick and cut out as many shapes as you like
12. Use cutters to cut out any shape you like! (I used hearts)
13. Put the mince mixture into an ovenproof dish
14. Arrange your topping and brush egg yolk over your topping
15. Bake for about 20-25 minutes until the topping is risen and golden brown and the filling is bubbling

CHICKEN WRAPS

BY EMILY HAMBLIN
(CHYNGTON STUDENT)



INGREDIENTS

Sweetcorn	(£0.49)
carrots	(£0.10)
Four wraps	(£0.62)
Mozzarella cheese	(£0.69)
Avocado	(£0.60)
Roast chicken	(£4.00)

Total:

(£6.50)

DIRECTIONS

1. First roast the chicken (Time dependent on size)
2. When cooked, Cut the chicken up.
3. grate the carrot and cut up the salad ingredients
4. Add the chicken and salad ingredients into the wrap



VEGETABLE SOUP

BY FREDDIE HAMBLIN
(CHYNGTON STUDENT)



INGREDIENTS

Oil spray	(£0.05)
Half an onion	(£0.18)
2 sweet potatoes	(£0.50)
3 carrots	(£0.15)
1 cup of lentils	(£0.25)
¼ tsp of garlic	(£0.02)
Vegetable stock cube	(£0.10)
Bread	(£1.15)

Total cost:

£2.40

DIRECTIONS

1. Spray the pan with oil
2. Chop vegetables
3. Add Vegetables to the pan,
4. Then add lentils, garlic and stock.
5. Cover with boiling water and cook for 25-30 minutes until the vegetables are soft
6. Blend and serve with warm bread



CHICKEN NOODLES

BY ISLA ROBINSON
(CHYNGTON STUDENT)



INGREDIENTS

Chicken Fillets 330g	(£2.65)	1 x Bay leaf -	(£1.09)
2 x Salad Onions	(£0.59)	(10p a leaf) (Herb)	
1 x Carrot Peeled and chopped in to tiny bite size pieces	(£0.08)	1 x Teaspoon of Smoked Paprika	(£1.09)
1x Cabbage	(£0.80)	(10p a teaspoon) (Spice)	
Egg Noodles 250g	(£1.15)	1 x Teaspoon of Ground Ginger	(£1.09)
1 x Chicken Oxo Cube	(£1.99)	(10p a teaspoon)	
(17p per cube)		2 x cloves of Garlic finely cut	(£0.99)
Fresh Ginger root finely cut 11g	(£0.20)	(Cost approx. 5p per clove)	
1 x Teaspoon of Cumin -	(£1.09)	Salt & Pepper (to taste)	
(10p a teaspoon)		A dash of Soy Sauce	
		Olive Oil for cooking	
		1 pint of water to make stock	
		Total:	£6.47

DIRECTIONS

1. Put a table spoon of Olive oil in large frying pan and heat to 5 (medium/hot)
2. Cut chicken into bite size chunks and put in to the hot oil, to start to brown.
3. Add finely chopped ginger, a dash of Soy Sauce, Salt & Pepper and fry until completely cooked.
4. Heat an additional frying pan with a tablespoon of olive oil, add the finely chopped carrot, then add the finely chopped cabbage, garlic and chopped onions, fry until cooked.
5. Boil some water in a saucepan, once boiled add egg noodles and reduce to a simmer until cooked (approximately 4 minutes)
6. In another saucepan add chicken stock to boiling water, reduce the stock to a simmer, then add the variety of herbs and spices.
7. Place on the table and enjoy. You can either mix it all together and serve or take what you want from each part of the dish.

FLATBREADS WITH HARISSA CHICKEN

BY FLORRIE CHAMBERLIAN (CHYNGTON STUDENT)



INGREDIENTS

Chicken thigh fillets 600g -	(£3.99)	1 tomato finely sliced	(£0.16)
Lemon	(£0.50)	Cucumber sliced	(£0.20)
Cumin Seeds 1tsp	(£0.10)	Red onion	(£0.30)
Coriander Seeds 1tsp	(£0.10)	1 red chilli	(£0.10)
Smoked paprika 1tsp	(£0.10)	self-raising flour 250g	(£0.12)
Harissa Paste 2tbsp	(£0.90)	Pinch of salt and pepper	(£0.10)
Bunch of fresh coriander 100g	(£1.25)	Greek style yoghurt 250g	(£0.43)
4 cloves of garlic Tesco Bulb	(£0.20)		
Unsalted butter 80g	(£0.55)	Total:	£9.30
3tbsp of Olive Oil	(£0.20)		

DIRECTIONS

1. To make the chicken, preheat the oven to 210C/190C Fan/Gas 6½.
2. In a dry frying pan, toast the cumin and coriander seeds until toasted.
3. Place in a food processor or blender along with the paprika, harissa, half of the coriander and garlic. Add the lemon zest, season well with salt and pepper and blitz to a paste. Add the butter and oil and blend until smooth.
4. Use your hands to gently rub the harissa butter all over the thighs.
5. Pop the chicken in the oven for 25mins. While the meat is cooking place the onion, coriander, tomato, cucumber and chilli in a bowl, squeeze over the lemon juice and season with salt. Toss together.
6. To make the flatbreads, place the flour in a large bowl and mix in the yoghurt, oil and salt. Stir with a fork until it all comes together, then knead with your hands until it forms a smooth dough.

7. Evenly divide the dough into 4 pieces, depending on how large you want the flatbreads to be. Roll into balls and then roll each out into a large circle that is 1cm/½in thick. We like them on the thicker side!

8. Place a large lidded frying pan over a medium heat. Drizzle with a little oil and pop in one of the flatbreads. Cover with a lid and cook for 1 minute, then cook for 1 minute without the lid. Flip the flatbread over and cook for a further 2–3 minutes without the lid. Wrap in a tea towel or foil and repeat with the rest of the dough.

9. To serve, spread the yoghurt over each flatbread, top with the chicken thighs, its juices and the onion pickle



CHICKEN BIRYANI

BY NIRESH SAYENTHIRAN
(SEAFORD HEAD STUDENT)



INGREDIENTS

Basmati rice (1kg)
Biryani masala powder
Turmeric powder
Chilli powder
Free range or organic chicken drumstick (1kg)
Natural Greek yoghurt (1/2 cup)
Large Onions (4)
Green chillies (5)
Coriander leaves
Garlic (1/2)
Ginger
Curry leaves
Biryani leaves
Any spices of your choice
Medium Tomatoes (5)
Salt
Oil

Total

£6.20

DIRECTIONS

1. Wash the chicken properly and sit it to the side.
2. Then cut up the onions, chillies and tomatoes (in small cubes)
3. Next you smash the ginger and garlic into a pasty consistency.
4. Then wash the rice until its clean and sit it on the side.
5. Pre-heat the pan on the stove (medium heat)
6. Once its hot enough put 5-10 tablespoons of oil and let it heat up
7. Then put the diced onions and chillies in the pan and fry them.
8. Then add the biryani leaves, coriander leaves and curry leaves.
9. Now add the ginger and garlic.
10. Wait until everything in the pan is fried until it's a browny colour.
11. Add the chopped tomatoes.

12.Wait 2 minutes after adding the tomatoes then add salt and put enough chilly powder to satisfy your taste buds.

13.Let all of that cook for around 5 minutes.

14.Once 5 minutes is up, add in the chicken drumsticks and mix it in.

15.Add 2 pinches of turmeric powder and mix it in

16.Now put the lid on the pan and let everything cook on medium heat for around 5-7 minutes.(If you need more water for the chicken to cook add a bit of hot water only enough cook the chicken)

17.Once its cooked add 2-3 tablespoons of biryani powder.

18.Now add ½ cup of Greek yoghurt and mix it thoroughly.

19.Let that sit under the lid on minimum heat

20.Whilst that is sitting put the washed rice into the rice cooker and add 1 tablespoon oil, 2 pinches of turmeric powder, 2 biryani leaves and as much salt as you would like to add and let like cook as normal but only halfway.

21.Once the rice is half cooked then add it to the pan with the chicken gravy mix it thoroughly.

22.Now if there's not enough water left in the pan add a little bit of water ONLY ENOUGH TO COOK THE RICE.

23.Once you feel like the rice is cooked it's done, and you can plate up and dig in.

GREEK GYROS CHICKEN WITH TZATZIKI

BY EMILIA COE
(CHYNGTON STUDENT)



INGREDIENTS

Greek yoghurt 250g
1 squeeze Lemon juice
1 drizzle Olive oil
1/2 tsp Ground cumin
1 tsp Mixed herbs
1/2 Mixed spice
1/2 tsp Smoked paprika
2 cloves Crushed garlic
Chicken thigh fillets- skinned and boneless 600g
1 pinch of Salt and Pepper

For the salad:

1 pack Cherry tomatoes
1/2 Cucumber
1 red onion
1/2 Jar Black olives
1 Pack Feta / Greek Salad Cheese

For the tzatziki:

Greek yoghurt 250g
1/2 Cucumber
2 garlic cloves
Salt and pepper
Olive oil

Total

£5.69

DIRECTIONS

1. In a bowl, add your Greek yoghurt, lemon juice, olive oil, cumin, mixed herbs, mixed spice, paprika and garlic. Mix until combined. Then, place your chicken thighs into the mixture and leave to marinate for half an hour. Next, cut an onion in half and insert a skewer into one half so that it stands upright. Skewer the chicken, thigh at a time until they are layered. Cook for 45 mins on 200 degrees.
2. Take out your pita breads and drizzle them with olive oil. Sprinkle with rock salt and mixed herbs. Grill until lightly brown.
3. Half your cherry tomatoes, dice your cucumber and red onion, slice your olives and crumble your feta. Then, stir together to make the salad and drizzle with olive oil.
4. Next, grate your cucumber and place in a sieve and press to remove as much liquid from the cucumber as possible. In a bowl, add the cucumber, Greek yoghurt, crushed garlic cloves, salt and pepper and olive oil and mix thoroughly.
5. Remove the chicken from the oven when cooked. Slice the chicken into strips and serve.

HAMBURGER

BY ISLA STREETER
(CHYNGTON STUDENT)



INGREDIENTS

5% beef mince. 500g
One medium onion
Touch of salt and pepper.

Garnish:

Onion

Vine beef tomato

Sesame seed burger bun slightly toasted

Tomato ketchup or mayonnaise (optional)

Total

£4.79

DIRECTIONS

Set oven to 200°C

1. Put the mince beef in the large bowl.
2. Use a chopper to chop a medium onion in small pieces.
3. Add the onion to the beef mince.
4. Add salt and pepper to the mixture.
5. Use your hands to firmly squash and mix the beef and onion together. Squash until it sticks and becomes squishy.
6. Make the mixture into a round ball and cut into fall sections,
7. Take one section and roll it into a ball then use the palm of your hand to shape into a hamburger and do this four times.
8. Place the burger patty onto a pre-greased baking tray and put in the oven on the middle shelf for approximately 25 minutes until cooked.
9. Whilst the hamburger is cooking, prepare the garnish.
10. Slice the onion and tomato into large circles four times.
11. Wash and prepare the lettuce leaves four times.

Ready to build your burger:

1. Prepare the Sesame seeds bun by cutting in half and slightly toasting.
2. Put the burger onto the bun and then layer with ketchup, mayonnaise, tomato onion, and lettuce to your own taste so you enjoy it.

SRI LANKAN BRUNCH

BY THARA GUNASEKERA
(CHYNGTON STUDENT)



INGREDIENTS

Rice	(£0.50)	Turmeric	(£0.10)
Coconut milk	(£0.50)	Salt	(£0.20)
Pork 300g	(£2.00)	Curry leaves	(£0.05)
Coconut milk	(£0.50)	Tomato	(£0.30)
Onion	(£0.50)	Pepper	(£0.05)
Carrot	(£0.30)	Cinnamon	(£1.00)
Coriander	(£0.10)	Chilly powder	(£0.05)
Parsley	(£0.20)	Sugar	(£0.05)
Spices and seasoning		Total:	£6.32
Oil	(£0.10)		

DIRECTIONS

Kiri Bath : milk rice

1. Wash the rice and transfer it into a saucepan.
2. Add 300ml of water and boil the rice for 30 minutes until it is halfway cooked
3. Add the coconut milk and salt.
4. Then stir on and off until the rice is well boiled and thickened.



Seeni Sambol :Cameralsed oninon

1. First, slice your onions (get help from an adult so your eyes won't tear).
2. Pour 1 tablespoon of oil into a pan and add the chopped onion and the curry leaves
3. Cook for for 5 to 10 minutes
4. Add some water to the onion sticking into the pan.
5. When the onions are soft and golden in colour add 1 tablespoon of sugar and let it cook for another 5 to 10 minutes





Pork Curry

1. Cut the pork into small cubes
2. Season the pork with salt, pepper, turmeric, chilli powder and curry powder.
3. Then leave the pork for 30 minutes to marinate.
4. Meanwhile, pour the oil into a pan and add a cinnamon stick, chopped onion, garlic and ginger, and curry leaves.
5. Then fry all of them until the onion is brown.
6. Next, add your pork into the pan and let it cook for 10 -15 minutes, stirring on and off.
7. Then add your chopped tomatoes and coconut milk and let it cook for for another 10 minutes.



Carrot Sumbola: Carrot Salad

1. first peel and wash two carrots
2. Then grate the carrots
3. Put the carrots into a bowl and put them to a side
4. Next, chop 10 to 20 sticks of passing and then add into the bowl with the carrot
5. Now add some salt and pepper to taste
6. Finally, squeeze half a lime in with it all.

CHEESY SAUSAGE LASAGNE

BY THEO EDWARD GREEN
(CHYNGTON STUDENT)



INGREDIENTS

Pork Sausages Pack of 8	(£2.25)	Garlic 2 cloves	
Onion 1 (diced)	(£0.18)	(from a pack of 4 at 99p)	(£0.99)
Tomato Passata (or chopped tomatoes) 1 x 390g	(£0.80)	Stock 1 cube	(£1.00)
Lasagne sheets 1 pack	(£1.00)	Cucumber 1 portion	(£0.55)
Mascarpone cheese 250g	(£1.80)	Total:	£9.87
Cheddar cheese 120g (half a 240g pack at £2.60)	(£1.30)		

Also required: Cooking oil 2 tablespoons Salt & pepper To taste Optional extras Basil to garnish

DIRECTIONS

Preheat oven to 200 degrees

1. Heat oil in a large frying pan
2. Remove sausage meat from skins and break it up in the pan
3. Cook over a high heat, breaking up the meat into smaller chunks and stirring until coloured all over
4. Add diced onion
5. Stir in the garlic and cook for 1 minute
6. Stir in the can of tomatoes
7. Fill the empty can with water and add to the pan
8. Add stock cube and season
9. Bring to the boil and cook for 15 minutes or until liquid has reduced a little
10. Spoon 1/3 of the sausage mixture into an ovenproof dish and top with 2 sheets of lasagne
11. Repeat with the remaining sausage and lasagne sheets to make 3 layers
12. Dot the mascarpone cheese over the top and season well
13. Scatter over the cheddar cheese
14. Put the dish on a baking tray and cook in the oven for 30 minutes until golden and bubbling
15. Serve with a side salad (or cucumber slices) and a sprig of basil to garnish

FRIED RICE WITH GRILLED CHICKEN



BY ALEXANDER EARP
(CHYNGTON STUDENT)

INGREDIENTS

Jasmine Rice	(£1.79)	Seasoning:
(Pre-packed white rice is fine)		Salt
Frozen mixed vegetables	(£0.99)	Black pepper
Eggs	(£1.50)	Garlic granules
Chicken legs (5 legs)	(£3.29)	Dried parsley
Broccoli	(£0.79)	Sunflower oil (any cooking oil will do)
White cabbage	(£0.80)	Light soy sauce

Total: **£9.16**

DIRECTIONS

1. Marinate chicken legs with oil, salt, pepper, garlic granule and dried parsley. Leave it for at least 30 minutes.
2. Heat up oven, 180c (fan assisted) and cook chicken legs for 50 minutes. Turn half way through cooking. Ensure chicken juices run clear.

Method for Fried rice:

1. Cook rice according to packet instructions and let it cool down at least 30 minutes.
2. Crack 3 eggs and whisk, set aside.
3. Cook some frozen vegetables and set aside
4. Heat up frying pan with some oil, put in cool down rice and stir till all rice coated in oil.
5. Season rice with salt, black pepper and garlic granules and soy sauce, stir and mix well. Separate rice in pan to one side and clear pan on the other.
6. Pour in eggs to clear side of the pan then start mixing egg into rice as eggs starts cooking. Mix well. Stir till all eggs are cooked and mixed in with the rice.
7. Pour in vegetables and mix well.
8. Taste for flavor and add any additional seasoning you may want.

Method for broccoli & white cabbage and fried egg:

1. Chop broccoli and cabbage to small pieces.
2. Place vegetables in hot salty water till soft.
3. Broccoli is done.
4. Heat up frying pan with a bit of oil and scrape all chicken juice into frying pan. Pour in cabbage and mixed well. Taste for flavour, add additional seasoning if needed. Set aside.
5. Fry egg sunny side up, hard or soft as to preference.

HOMEMADE CHICKEN VEGETABLES PASTA



BY AMY HUEBBE-NELSON (SEAFORD HEAD
STUDENT)

INGREDIENTS

200g pasta flour (£0.16)
2 large eggs (£0.28) x 3

½ teaspoon salt (£0.01)
½ teaspoon olive oil (£0.10)

Pasta Total: (£1.11)

Sauce

3 peppers, chopped (£0.25) x 3
2 cooked chicken breasts, cut in bite size (£1.70)
2 red onion, peeled & chopped (£0.20) x 2
200g closed cup mushrooms, sliced (£0.60)
100g mangetout, chopped (£0.65)
100g fresh spinach, roughly chopped £0.55
• 2 garlic cloves, peeled & crushed £0.05
• 3 twigs of fresh basil (2 roughly chopped) £0.05
• ½ tsp paprika £0.05
• 2 cans chopped tomatoes £0.35 x 2
• Fry-light spray oil (or 2 tbsp olive oil)

Sauce Total: £5.50
Total = £6.61.

Cost per person = £1.65

DIRECTIONS

Pasta (Dough & Tagliatelle)

STEP 1

On a clean surface form a ring of flour

STEP 2

Break each egg in a small dish, check if fresh, then put it in the nest in the centre of the ring

STEP 3

Add salt and oil to the nest

STEP 4

Break eggs gently with a fork then bring flour inwards with your hands

STEP 5

Put together to form a ball

STEP 6

Knead, stretch & fold the dough for minimum 10 minutes, wrap in clingfilm and rest in the fridge, prepare vegetables

STEP 7

Take dough out of fridge, leave it to come to room temperature (20 min before cooking),

STEP 8

Cut in 2 pieces, cover one with tea towel to stop it from drying out

STEP 9

Flatten first piece between hands to 1-2cm thickness, then roll out on floury surface to ½cm, cut in rectangles with width a bit less than pasta machine

STEP 10

Pass through pasta machine, then fold in ½ and pass through again.

Repeat until dough is smooth.

STEP 11

Gradually decrease the setting until thickness is 1mm

STEP 12

Put tagliatelle attachment onto machine to cut pasta sheet into stripes. Repeat process with second piece of dough

STEP 13

Bring a large pan of salted water to the boil

STEP 14

Cook for 2-3 min until "al dente"

Vegetable Sauce

STEP 15

Spray a large deep frying pan with fry-light oil and put on medium heat

STEP 16

Add onions, peppers, mangetout, mushrooms, cooked chicken and garlic and fry for 5 minutes

STEP 17

Add chopped tomatoes, garlic and paprika, stir and simmer on low heat until all vegetables are tender

STEP 18 Stir in spinach and basil, cover and cook gently for 2-3 minutes until spinach has wilted

VEGETABLES & HAM PASTA

BY PAIGE BARTLETT
(CHYNGTON STUDENT)



INGREDIENTS

Pasta	200g	(£1.00)
1 Chicken breast		
Ham	100g	(£2.20)
1 cup broccoli		(£1.25)
1/2 cup Grated Cheese		(£1.00)
Pinch of salt		
Total:		£5.45



DIRECTIONS

1. In a large pot, bring salted water to a boil.
2. Add the pasta and cook according to the package instructions until al dente.
3. Drain the pasta, reserving about 1/2 cup of the pasta water, and set aside.
3. In a large skillet, heat 1 tablespoon of olive oil over medium heat (optional).
4. Add the diced chicken breast and a pinch of salt.
5. Cook until the chicken is golden brown and cooked through, about 5-7 minutes.
5. Remove the chicken from the skillet and set aside.
6. In the same skillet, add the broccoli florets.
7. Cook until tender, about 3-5 minutes.
8. If using, add minced garlic and cook for an additional 1 minute.
9. Add the diced ham to the skillet with the broccoli.
10. Return the cooked chicken to the skillet.
11. Add the cooked pasta to the skillet and toss to combine all the ingredients.

Sprinkle the grated cheese over the pasta mixture.

