

**Year 9 – Multicultural foods practical list**

Practical	Ingredients List
1	<p><b>Enchiladas</b></p> <ul style="list-style-type: none"> <li>3-4 chicken breasts</li> <li>1 onion</li> <li>½ red pepper</li> <li>½ green pepper</li> <li>1 tin kidney beans</li> <li>Spice mix</li> <li>Tortilla wraps (sometimes the box set is cheaper when on offer)</li> <li>Small carton passata</li> <li>50g grated cheese</li> </ul>
2	<p><b>Chicken and chorizo</b></p> <ul style="list-style-type: none"> <li>250g cooking chorizo sausages</li> <li>1-2 chicken breasts</li> <li>1 onion, halved and sliced</li> <li>2 garlic cloves, chopped</li> <li>1 tsp sweet smoked paprika</li> <li>250g basmati rice</li> <li>500ml hot chicken stock (1-2 stock cubes)</li> <li>2 peppers, chopped</li> <li>100g cherry tomatoes</li> </ul>
3	<p><b>Mac and cheese</b></p> <ul style="list-style-type: none"> <li>250g macaroni</li> <li>40g butter</li> <li>40g plain flour</li> <li>1 pint (600ml) milk</li> <li>250g grated cheddar</li> <li>50g grated parmesan</li> <li>100g cooked ham</li> <li>6 mushrooms</li> <li>1 pepper</li> <li>1 tin sweetcorn</li> </ul>
4	<p><b>Chicken Chow Mein</b></p> <ul style="list-style-type: none"> <li>1-2 chicken breasts</li> <li>200g dried egg noodles</li> <li>1 large carrot</li> <li>2 spring onions</li> <li>50g beansprouts</li> <li>50g mushrooms</li> <li>1 clove garlic</li> <li>For the sauce:</li> <li>½ bottle of soy sauce</li> <li>2 tsp honey</li> <li>1 tsp tomato ketchup</li> <li>Half a lemon (juice only)</li> </ul>
5	<p><b>Curry and rice</b></p> <ul style="list-style-type: none"> <li>3-4 chicken breasts</li> <li>1 onion</li> <li>1 pepper</li> <li>50g mushrooms</li> <li>1 tin chopped tomatoes</li> <li>Curry powder</li> <li>50ml double cream</li> <li>250g rice</li> </ul>