

Basic Biscuit Dough
(makes approx. 20 biscuits)

Ingredients

Egg Yolk

Qty

1 (from food parcel)

Store Cupboard Items

Butter/Margarine

250g

Sugar (Granulated or caster)

140g

Plain Flour

300g

Vanilla Essence (optional)

1 tsp

Icing Sugar (optional)

100g

Lemon (juice & zest) (Optional)

1

Allergens

This dish contains: **Egg, Milk, Cereals containing Gluten (Wheat)**

Method

1. Mix 250g of softened butter or marg (butter works better) and 140g sugar in a large bowl with a spoon. Add the 1 x egg yolk and vanilla essence and briefly beat to combine.
2. Sift in the 300g flour and stir until mix is well combined. Get your hands in at the end to give everything a really good mix and bring the dough together. (For best results, chill dough for 20-30 mins).
3. Roll out the dough to a rough rectangle about 1cm thick, then use a biscuit cutter (or top of a cup) to produce the biscuits.
4. Bake on a non-stick baking tray for approx. 10-12 minutes in a preheated oven at 180 degrees (gas mark 4). Once cooked, remove from baking tray and allow to cool.

(Optional)

For the Icing:

1. Mix 140g sifted icing sugar with the 4-5 tsps. of lemon juice and zest of 1 lemon.
2. When biscuits are cool, half dip them in the lemon icing and allow to dry on a baking rack if available, or other clean surface.

Food Parcel Jan 2021

Burrito Style Hot Wraps & Salad **(1 Portion)**

Ingredients

	<u>Qty</u>
Tortilla Wraps	2
Cherry Tomatoes (washed/halved/chopped)	2-3
Ham	1 slice
Cheese (grated)	50g
Sweetcorn	100g
Cucumber (washed)	1/4



Allergens

This dish contains: **Milk, Cereals containing Gluten (Wheat).**

Method

1. Chop the cherry tomatoes.
2. Split the grated cheese into 3. Make up the 2 tortilla wraps, one with half of the grated cheese and ham, the other with the remaining cheese, chopped tomatoes and the sweetcorn. Roll and fold the wraps, place on a tray, sprinkle with the remaining grated cheese and bake in the oven at 160 degrees (gas mark 3) until cheese starts to melt and wraps begin to colour.
3. Serve with sliced cucumber and the halved cherry tomatoes.

Dessert: (contains **Milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk

Cheese & Tomato Omelette with wedges, beans, sweetcorn & salad (1 Portion)

<u>Ingredients</u>	<u>Qty</u>
Cheese (grated/thinly sliced)	50g
Baking potato	1/2
Cucumber (washed)	1/4
Beans	140g
Cherry Tomatoes (washed, chopped/sliced)	2-3
Sweetcorn	120g
Eggs	2
Milk	100ml
<u>Optional</u>	
Oil	1-2 tsp



Allergens

This dish contains: **Milk & Egg.**

Method

1. Cut potato in half and then cut each half into 6 wedges, (refrigerate the other half of the wedges in a bowl covered with water sealed with clingfilm). Place wedges in boiling water and simmer for 2-3 minutes. Drain thoroughly, place on a baking tray, (optional, brush with vegetable oil) and bake in oven at approx. 180 degrees (gas mark 4) for 20-25 minutes or until cooked.
2. When wedges are almost cooked, crack 2 eggs and mix with some of the milk and whisk with a fork.
3. Heat a tsp oil in a small shallow frying pan (dry fry if no oil is available) and add the egg/milk mix on a low to medium temperature so that the pan is coated. Leave the mix for a couple of minutes until it starts to cook/set. Using a spatula type utensil, you can move any excess liquid around the pan until it cooks. When omelette becomes firm add the chopped tomatoes and grated cheese until cheese begins to melt.
4. Once cheese starts to melt, fold the omelette over in half.
5. Serve the omelette with the potato wedges, the chopped cucumber and tomatoes and the beans and sweetcorn heated as per manufacturer's instructions.

Dessert: (contains **Milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk

**Jacket Potato with ham, cheese & beans, sweetcorn
and salad**
(1 Portion)

<u>Ingredients</u>	<u>Qty</u>
Cheese (grated)	50g
Baking potato	1
Cucumber (washed)	1/4
Beans	140g
Cherry Tomatoes (washed/chopped/sliced)	2-3
Sweetcorn	120g
Ham	1 slice (35g)
<u>Optional</u>	
Oil	1 tsp



Allergens

This dish contains: **Milk.**

Method

1. Lightly brush the potato with a little oil if available (optional), and prick in a couple of places with a fork. Place in oven and cook at 180 degrees for approx. 45 mins to 1 hr or until potato is soft all the way through.
2. Whilst the potato is cooking, chop the cherry tomatoes and cucumber
3. Once potato is cooked, remove from oven, cut in half and top with ham and 50g of grated cheese. Place back in oven for couple of minutes until cheese is melted.
4. Heat beans and sweetcorn as per manufacturer's instructions.
5. Serve potato with the beans and sweetcorn with the chopped tomatoes and cucumber.

Dessert: (contains **Milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk

Cheese, Egg & Tomato Wrap with Cucumber, Cherry tomatoes & Paprilla Crisps
(1 Portion)

Ingredients

	<u>Qty</u>
Cheese (grated or thinly sliced)	50g
Egg	1
Tortilla Wrap	2
Cucumber (washed)	¼
Cherry Tomatoes (washed, chopped/sliced)	2-3
<u>Optional</u>	
Oil	1 tsp
Paprika	sprinkle



Allergens

This dish contains: **Egg, Milk, Cereal containing Gluten (Wheat).**

Method

1. Place egg into boiling water and cook until hard boiled.
2. Whilst egg is boiling, chop or slice cherry tomatoes, slice ¼ cucumber and grate/thinly slice the cheese.
3. If vegetable oil is available, lightly brush a small amount over the second tortilla (or lightly dampen with water), cut into 4 or 8 slices and sprinkle with a little paprika. Place on a tray and bake in the oven at 180 degrees (gas mark 4) for approx. 5-7 mins or until the tortilla starts to colour, turning if required.
4. Once egg is cool enough to hold, remove shell and slice.
5. Make up the wrap using the cheese, egg and tomato, roll, tuck in edges and slice in half.
6. Serve wrap with the sliced cucumber, halved cherry tomato and the “paprilla” crisps

Dessert: (contains **Milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk

Ham & Eggs with wedges , beans & cherry tomatoes (1 Portion)

Ingredients

	<u>Qty</u>
Ham	2 slices
Eggs	2
Jacket Potato	1/2
Beans	135g
Cherry Tomatoes (halved)	2-3

Optional

Vegetable oil

Allergens

This dish contains: **Egg.**

Method

1. Cut potato in half and then cut each half into 6 wedges, (refrigerate the other half of the wedges in a sealed bag or wrap in clingfilm). Place wedges in boiling water and simmer for 2-3 minutes. Drain thoroughly, place on a baking tray, brush with vegetable oil and bake in oven for 20-25 minutes or until cooked.
2. When wedges are almost cooked, heat a tsp of oil in a frying pan and fry 2 eggs. (If no oil is available, you can dry fry or poach in small amount of water).
3. Whilst eggs are cooking, heat the beans as per manufacturer instructions.
4. Serve the eggs on top of the ham and plate the other ingredients (wedges, beans and cherry tomatoes).

Dessert: (contains **milk**)

Yoghurt & piece of fruit

Drink:

200ml cup of milk



Paprilla's (Paprika Tortilla Chips)
(1 Portion)

Ingredients

Tortilla wraps
Paprika Spice
Oil(optional)

Qty

2
½ tsp
1 tsp

Allergens

This dish contains: **Cereal containing Gluten (Wheat)**

Method

1. Heat oven to 180C/160C fan/gas 4.
2. Mix the oil with the paprika spice, if you do not want to add any oil, mix spice with a little water.
3. Brush the spice mixture over tortillas,
4. Stacking the tortillas on top of each other as you go. Cut the stack into 8 wedges.
5. Separate the wedges and evenly spread out on baking sheets and bake for 6-7 mins until golden and crisp. Check on them and if needed turn the tray around for even baking.

Tips

Try using different spices to change the taste – Cajun, fajita blend or curry etc.

Can be dipped in plain or flavoured yoghurt or other dips such as houmous, sour cream.