

FAVOURITES

CHARTWELLS RECIPE COMPETITION

Your challenge (if you choose to accept it)



Create a delicious and nutritious recipe that can be cooked in **20 MINUTES** using your choice of items from the Eatwell guide on the reverse of this poster.

There will be 2 winning recipes.

As a winner you will be part of a team cooking your recipe **LIVE ON STAGE** at Eckington School on **Friday 13th October** in front of a Year 7 audience.

YOUR RECIPE MUST

- *be simple to prepare and quick to cook, and we recommend a practice at home!*

POINTS WILL BE GIVEN FOR:

- *Creativity and presentation*
- *Health boosting power*

and of course

★ ★ ★ ★ ★
TASTE!



ENTRIES MUST BE RECEIVED BY FRIDAY 6TH OCTOBER TO THE YEAR 7 OFFICE.

ECKINGTON SCHOOL
respect progress succeed



Chartwells
EAT LEARN LIVE

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Use the Eatwell Guide to make sure you get a perfect balance of all the food groups!

CHOOSE FROM THESE INGREDIENTS

VEGETABLES		
ONIONS	CHILLIES	SWEET POTATO
GARLIC	FROZEN PEAS	LETTUCE
GINGER	CAULIFLOWER	PEPPERS
CARROTS	SWEETCORN	CRANBERRIES dried
CABBAGE	SPINACH	APPLES
CUCUMBER	KALE	ORANGES
TOMATOES fresh	MUSHROOMS	LIMES
TOMATOES tinned	COURGETTE	LEMONS
SPRING ONION		

HERBS & SPICES	
PAPRIKA	CHINESE 5 SPICE
CUMIN	JERK SPICE MIX
CORIANDER	CHILLI
TURMERIC	OREGANO
CAYENNE	THYME
CAJUN SPICE MIX	PARSLEY
FRESH HERBS	
CORIANDER	PARSLEY
BASIL	MINT

PROTEIN	
CHEDDAR CHEESE	SESAME SEEDS
MIXED BEANS	PUMPKIN SEEDS
LENTILS	SUNFLOWER SEEDS
CHICK PEAS	QUORN PIECES
BAKED BEANS	CHICKEN PIECES
EGGS	SALMON PIECES

CARBOHYDRATES	
EGG NOODLES	COUSCOUS
BROWN RICE	TORTILA WRAPS
POTATOES	PITTA

DAIRY	
YOGHURT	COTTAGE CHEESE
CHEDDAR CHEESE	MILK
DAIRY ALTERNATIVE	
COCONUT MILK POWDER	

FATS	
VEGETABLE OIL	OLIVE OIL
COCONUT OIL	BUTTER
SESAME OIL	

EXTRAS
SWEET CHILLI SAUCE
LIGHT SOY SAUCE
DARK SOY SAUCE

THIS IS THE EQUIPMENT YOU CAN USE

EQUIPMENT AVAILABLE:

- 1 x Multi cooker - that can fry, boil, steam
- 1 x steamer.
- Chopping board and knives.

REMEMBER

- 20 minutes to prepare, cook and present your food.
- Your choice of ingredients from the lists above, (don't choose too many!)
- Ensure your recipe can be cooked on the equipment available.

Use the Eatwell Guide to make sure you get a perfect balance of all the food groups!

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