



#KPSLovesCooking



We know you love cooking in the KPS Cooking Classroom....so why don't you try some of these recipes at home.....

SAVOURY MUFFINS

Serves: 8+

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 1 egg
- 240ml milk
- 250g mature cheddar cheese, grated
- 125g self-raising flour
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp dried herbs (optional)

Method

- Preheat oven 200oC/Gas mark 6
- Mix egg and milk in a jug or cup
- Put all the dry ingredients in a bowl and mix (add the optional extras too, if you're using them)
- Add the egg and milk and fold in gently (the mixture is supposed to be lumpy!)
- Spoon mixture into a muffin tin
- Bake for 12-15 minutes until firm and golden brown
- Once cooked, allow to cool for a couple of minutes and then remove from the tin

Tips

- Grease the muffin tin to stop them sticking or use muffin cases

There are loads of more child-friendly recipes online try....

bbcgoodfood.com (click on 'Kids' cooking recipes')

Vegetable Fajitas

Ingredients

- peppers
- onions
- courgettes
- fajita seasoning (optional)
- limes (squeeze for juice)
- tomatoes
- salt & pepper
- cheese
- tortilla wraps (one per child)

SALSA: chop the pepper and tomatoes....tip the ingredients into a food processor, along with a little bit of lime juice and a little seasoning and pulse until finely chopped

VEGETABLES: chop an onion, pepper, courgette, sprinkle with fajita seasoning, heat a little oil in the pan, cook for a few minutes until soft

TOPPING: grate some cheese

TORTILLAS: heat the tortillas according to the pack instructions and put the cooked vegetables, salsa and cheese into separate bowls.

Show children how to fill and roll their tortilla.

The children lay out their tortilla, choose the toppings, roll them up and eat!

Tweet photos of your tasty creations to @KilmacolmPS and don't forget to use the hashtag #KPSLovesCooking