

## We've cooked our way out of the Lockdown Blues!

Welcome to the final Hints, Tips & Recipes before the Summer holidays. We hope you have all enjoyed these as much as we have. For the final recipes we have chosen 2 of our most popular school lunch recipes, Puff Pastry Chicken Pie and our amazing Carrot Cake.

We hope you have a great summer and we look forward to welcoming all our pupils back in August.

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### Puff Pastry Chicken Pie - serves 4

*Always check labels of each ingredient for allergen information.*

#### Ingredients

- 600g Diced Chicken Breast
- 75g Margarine
- 1 medium Onion - diced
- 1 medium Leek - sliced or diced
- 75g Plain flour
- 1 Litre Milk
- 1 Chicken stock cube
- 100g Sweetcorn
- 500g Ready-made Puff pastry



#### Method

1. Over a medium heat place margarine into a pan with the chicken, onion and leeks until chicken is cooked.
2. Add the flour and continue to cook for a further 2 to 3 minutes.
3. Stir in the milk and stock cube slowly until you have a thick creamy sauce.
4. Add the sweetcorn, season to taste then pour into an oven proof dish.
5. Roll out the pastry to fit and place over the top of the chicken mixture.
6. Cook in a pre-heated oven at 200C°, 400°F or gas mark 6 for approximately 30 - 40 minutes.

#### Hints & Tips

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- Any vegetables can be added to the pie, peas, carrots and mushrooms are just a few ideas.
- Try adding some crème fraiche minus a little of the milk into the sauce.

## Carrot Cake - serves 4

*Always check labels of each ingredient for allergen information.*

### Ingredients

- 2 Eggs - lightly beaten
- 100g soft brown light Sugar
- 125ml Vegetable oil
- 280g grated Carrots
- 150g Wholemeal flour
- 5g Cinnamon
- 40g Sultanas
- 10g Mixed spice
- 5g Bicarbonate of soda
- 5g Baking powder



### Method

1. Put the eggs, sugar and oil in a large bowl and mix well.
2. Add the carrots to the mixture and stir well.
3. Stir in all the dry ingredients to the mixture ensuring everything is combined, the mixture will be soft and almost runny.
4. Pour cake mixture into a greased cake tin, we used an 8" tin.
5. Place in a preheated oven at 180 degrees for approximately 25 minutes, until cake is well risen and spongy to the touch (test with a skewer to ensure fully cooked) .
6. Leave cake to cool in the tin, then turn out onto a cooling rack.

## Cream Cheese Frosting

*Always check labels of each ingredient for allergen information.*

### Ingredients

- 50g Softened butter
- 75g Icing sugar
- 200g Cream cheese

### Method

1. Mix the butter & icing sugar in a bowl until soft and creamy.
2. Add cream cheese & beat well until fully combined.
3. Spread or pipe over the top and sides of the cooled cake.
4. As a final flourish top the frosted cake with crushed walnuts & a sprinkling of cinnamon.