



Cooking Ideas Number 2

Home cooking is a great way to build some life skills and to be able to make some delicious tasty food! Why not spend some time cooking with your parents whilst at home? Below are some daily suggested recipes you could try each day of the week. Enjoy and have fun but, most importantly, always remember to have an adult with you when cooking!

Note for parents

Please encourage your child to develop their kitchen skills whilst cooking with them at home.

A Kids Kitchen skills-Age guide has been added to the previous recipe sheet.



Recipe of the Day - Monday!

Perfect Pancakes!



Ingredients

- 2 eggs
- 1 cup of flour (plain or self-raising are both fine)
- 1 cup of milk
- Toppings of your choice.

Method

1. Mix together equal quantities of flour and milk.
2. Add the eggs and whisk until there are no lumps.
3. Fry on a medium heat (ask a grown-up to help with this part).
4. Flip your pancake!
5. Top with berries, chocolate sauce, syrup, icing sugar...anything you like!

Recipe of the Day - Tuesday!

Rainbow Spritzer



Ingredients

- Fresh blueberries
- Chopped, peeled kiwi fruit
- Pineapple chunks
- Strawberries or raspberries
- Orange juice
- Lemonade

Method

6. Add blueberries to a tall glass.
7. Put in the chopped kiwi.
8. Add the pineapple.
9. Put the strawberries or raspberries on top.
10. Pour the orange juice and lemonade into a separate glass.
11. Pour the fizzy juice into your tall glass of fruit.
12. Enjoy outside on a warm, sunny day!

Recipe of the Day - Wednesday!

Chicken Fajitas



Ingredients (serves 4)

- 4 chicken breasts
- 2 bell peppers
- 2 onions
- 3 tbs fajita seasoning
- 8 tortillas
- Salsa (optional)
- Sour cream (optional)
- Guacamole (optional)

Method

13. Chop chicken into strips and add to a frying pan with a little oil. Ask a grown-up to help you.
14. Chop peppers and onion as the chicken is cooking.
15. Add peppers and onions to the pan once the chicken is cooked.
16. Cook for about 5-7 minutes until peppers and onions are soft.
17. Add the fajita seasoning and stir well to ensure everything is coated.
18. Heat tortillas in the microwave for 1 minute.
19. Lay out tortillas and add salsa, sour cream and guacamole, if desired.
20. Add your mixture to the tortillas and roll up.
21. Enjoy getting messy!

Recipe of the Day - Thursday!

Fairy cakes



Ingredients

- 100g caster sugar
- 100g soft butter
- 100g self-raising flour
- 2 eggs
- **For the icing**
- 200g soft butter
- 200g icing sugar
- Food colouring/mini marshmallows/sprinkles (optional)

Method

22. Preheat the oven to 180 degrees.
23. Mix together the sugar and butter.
24. Use a sieve to add the flour and mix well.
25. Add the eggs and mix in.
26. Use a spoon to put your mixture into cake cases.
27. Ask a grown-up to put the cases in the oven for 20 minutes.
28. Mix together your butter and icing sugar.
29. Add food colouring, if you like.
30. Let your cakes cool and then spread on the icing mixture.
31. Add sprinkles, mini marshmallows or smarties to decorate.

Recipe of the Day - Friday!

Chocolate Crispy Cakes



Ingredients

- 100g chocolate (You could use Easter egg chocolate)
- 90g cereal (Rice Krispies or Cornflakes work well)
- Sweets of your choice to decorate

Method

1. Break the chocolate into pieces and put in into a microwavable bowl.
2. Put bowl in the microwave for 30 second, then stir.
3. Repeat this until the chocolate is melted.
4. Add your cereal and mix well.
5. Put your mixture into cake cases.

Place your favourite sweets on the cakes to decorate.