

10 FEEL GOOD RECIPES





FEEL GOOD RECIPES - LINKS



Thank you to staff who recommended a recipe

BEST EVER MAC N CHEESE

<https://www.jamieoliver.com/recipes/pasta-recipes/a-killer-mac-n-cheese/>

Vegan - <https://www.jamieoliver.com/recipes/pasta-recipes/vegan-mac-n-cheese/>

ULTIMATE STICKY TOFFEE PUDDING

<https://www.bbcgoodfood.com/recipes/ultimate-sticky-toffee-pudding>

SWEET POTATO AND CHICPEA CURRY (VEGAN)

<https://www.jamieoliver.com/recipes/vegetables-recipes/sweet-potato-chickpea-amp-spinach-curry/>

GREEK SALAD AND CHICKEN GYROS

<https://www.bbcgoodfood.com/recipes/chicken-gyros>

<https://www.themediterraneandish.com/traditional-greek-salad-recipe/>

FEEL GOOD SMOOTHIES

<https://www.bbcgoodfood.com/recipes/collection/smoothie-recipes>

TREAT SPAGHETTI BOLOGNESE

<https://www.olivemagazine.com/recipes/family/best-ever-spaghetti-bolognese/>

THE WORKS BURGER

<https://www.olivemagazine.com/recipes/meat-and-poultry/the-full-works-burger/>

Vegetarian - Mushroom and Haloumi burger - <https://www.olivemagazine.com/recipes/vegetarian/mash-burger/>

PRAWN AND MANGO SALAD

<https://www.bbcgoodfood.com/recipes/prawn-mango-salad>

QUICK PIZZA

https://www.bbc.co.uk/food/recipes/quick_cheats_pizza_88026 (add toppings of your choice)

MINI EGG COOKIES AND NO CHURN ICE CREAM

<https://www.bbcgoodfood.com/recipes/no-churn-ice-cream>

see following page for cookie recipe

Don't forget to send any dishes you make at home to wellbeing@whitleybayhighschool.org

YOU WILL BE ENTERED INTO A DRAW AND COULD WIN A PASTA MAKER, COOK BOOK OR BOTTLE OF WINE.

MINI EGGS CHOCOLATE CHIP COOKIES

These chocolate chip cookies melt in your mouth and the Mini Eggs add a lovely crunch. Keep them in a cookie jar – they're not likely to last long!

Photograph overleaf.

MAKES 14

PREP TIME 20 MINS

COOKING TIME 10–12 MINS

80g Cadbury Mini Eggs
125g butter, at room temperature
125g soft light brown sugar
1 large free-range egg, beaten
a few drops of vanilla extract
250g plain flour
½ tsp bicarbonate of soda
100g Cadbury Dairy Milk chocolate,
chopped into small pieces

MINI TIP

YOU CAN USE CHOPPED
DARK CADBURY BOURNVILLE
CHOCOLATE OR WHITE
CHOCOLATE INSTEAD OF
CADBURY DAIRY MILK.

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Line a large baking tray with baking parchment.
2. Put aside 14 Cadbury Mini Eggs and place the rest in a sealable plastic bag. Smash them into small pieces with a rolling pin or meat mallet. Alternatively, crush them in a pestle and mortar.
3. Beat the butter and sugar together in a food mixer or with a hand-held electric whisk until light and fluffy. Gradually beat in the egg, a little at a time, and then add the vanilla extract, flour, bicarbonate of soda, chopped Cadbury Dairy Milk chocolate and half the crushed Cadbury Mini Eggs. Mix on a low speed to the consistency of a soft dough.
4. Divide the dough into 14 pieces and roll each one into a ball. Arrange the balls on the lined baking tray, spacing them out well, and press down lightly to flatten them. Divide the remaining Cadbury Mini Eggs between them, pushing them into the dough.
5. Bake in the preheated oven for about 10–12 minutes until they are cooked and golden. Cool them on a wire rack and store them in an airtight container for up to 5 days.

PER SERVING



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