

# Fusion Snack Pot

## Ingredients

150g Pasta/Rice/Noodles  
100-150g Meat/fish  
50-75g each vegetable (3 or 4 in total)  
300ml sauce e.g. pasta sauce, sweet and sour  
100g Cheese  
 $\frac{1}{2}$ -1tsp spice/herbs



**These ingredients are a rough guide, and students may require different amounts or even different ingredients depending on the design they have produced in school. Students should have a more detailed list in their planners.**

## Method

1. Prepare food handler.
2. Place pan of salted water on to boil. Add pasta/rice/noodles when boiling and simmer until 'al dente'.
3. Prepare all ingredients.
  - Peel, deseed, chop, dice all vegetables
  - Prepare other ingredients e.g. grate cheese
  - Chop meat
  - Open all packets/jars
4. Fry onion, garlic (if using) and meat in a sauce pan, with oil, until the meat is just cooked.
5. Add the remaining vegetables and fry for 3 more minutes.
6. Add any spices or sauce. Stir well and simmer for a few minutes on a low heat until the correct consistency.
7. Mix the cooked pasta/rice/noodles with the sauce and serve.
8. Garnish if needed.