



# Happy Chefs

## Recipe Booklet

Hello, my name is:



S4K

Happy Chefs

# Get To Know Me!



I am ..... years old

My favourite food is:

.....

.....

# ENCHILADA



# SAUCE



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## INGREDIENTS

- 3 tablespoons Olive Oil
- 3 tablespoons Flour
- 1 tablespoon Ground Chilli Powder
- 1 teaspoon Ground Cumin
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Dried Oregano
- 1/4 teaspoon Salt, to taste
- Pinch of Cinnamon (optional, but recommended)
- 2 tablespoons Tomato Paste
- 2 cups Vegetable Broth
- 1 Teaspoon Vinegar (Apple cider or White)
- Freshly Ground Black Pepper, to taste

# INSTRUCTIONS

- 1** Measure the dry ingredients (the flour, chilli powder, cumin, garlic powder, oregano, salt and optional cinnamon) into a small bowl and place it near the hob. Place the tomato paste and broth near the hob as well.
- 2** In a medium-sized pot over medium heat, warm the oil until it's hot enough that a light sprinkle of the flour/spice mixture sizzles on contact. This might take a couple of minutes, so be patient and don't step away from the hob!
- 3** Once it's ready, pour in the flour and spice mixture. While whisking constantly, cook until fragrant and slightly deepened in colour, for 1 minute. Whisk the tomato paste into the mixture, then slowly pour the broth in while whisking constantly to remove any lumps.
- 4** Raise heat to medium-high and bring the mixture to a simmer, then reduce heat as necessary to maintain a gentle simmer. Cook, whisking often, for about 5 to 7 minutes, until the sauce has thickened a bit. (The sauce will thicken some more as it cools.)
- 5** Remove from heat, then whisk in the vinegar and season to taste with a generous amount of freshly ground black pepper.



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# LUNCH GAMES

HEALTHY FOOD  
SCRAMBLE!



TAOOTM

.....



RRRBYSEWAT

.....



NBANAA

.....



CYHRRE

.....



LORWMAETEN

.....



RRBYEELUB

.....



ORACRT

.....



PAPELIPEN

.....

Someone was silly, and mixed up the names of these healthy foods!

Can you try to unscramble them, and reveal their names?

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# LUNCH GAMES

FIND THE  
FRUIT MAZE!

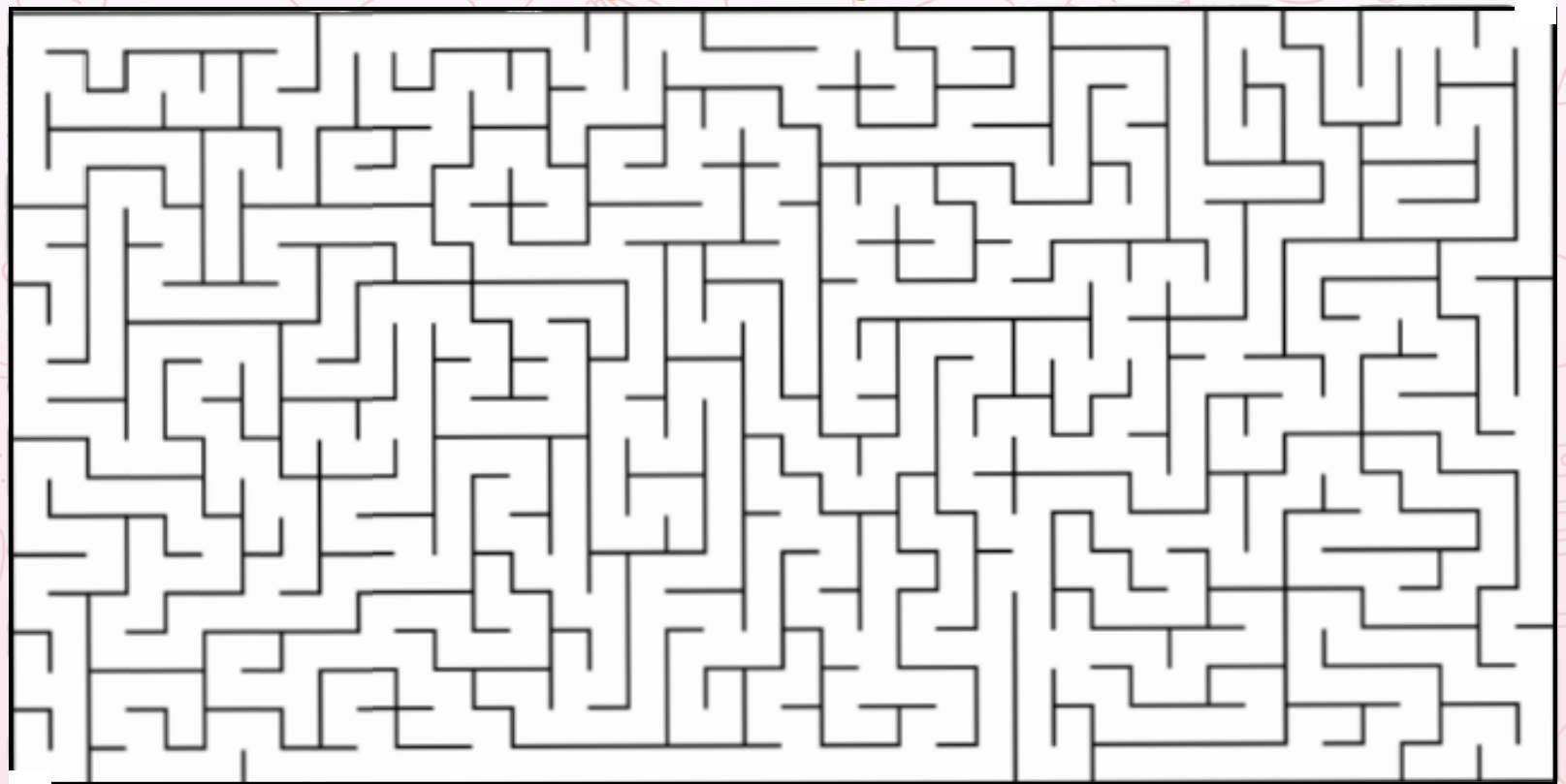


FINISH

Uh Oh! We need to get through this maze, in order to find some fruit!

This fruit is all very good for our bodies, containing lots of nutrients!

Can you find the fruit, through the maze?



START