



**More Food success.** Mack made delicious pepperoni pizza and brownies to succeed in his qualification.

Thanks to Mrs Rathour for supervising – she wasn't allowed to help.



Key Stage 4 students at Kettlebrook are given opportunities to study at other centres. We have students learning bricklaying and other building trades, some learning motor mechanics and also Hair and Beauty.

There has been more excellent work done this half term. Libby has real skill plaiting hair.

*Thanks Mrs Jackson for the support given to our students at college – and for providing additional Maths and English interventions after college.*



# Recipe : Jerk Chicken Thighs & Pepper Rice

Chicken thighs are super cheap and full of flavour, coat with a jerk spice paste for a flavour sensation.

Prep time: **less than 30 mins** | Cooking time: **10 to 30 mins** | Serves: **1**

## For the jerk chicken

**2** cloves garlic, roughly chopped

**2cm** piece fresh root ginger, roughly chopped

**1** yellow scotch bonnet chilli, chopped or **1 tsp** dried chilli flakes

**1 tbsp** chopped fresh thyme leaves

**½ tsp** ground coriander

**pinch** of ground clove powder

**½ tsp** ground mixed spice

**1 tsp** curry powder

salt and freshly ground black pepper

**2 tbsp** vegetable oil

**2** boneless chicken thighs

**25g** butter

lemon wedge, to serve



## For the rice

**50g** long grain rice

**1/2** red pepper, de-seeded and chopped

Salt and pepper to taste

**1 tbsp** butter

Let us know your favourite recipes from school and we will include them – have a go at home! Send pictures of your food to : [sophie.norrington@kettlebrook.staffs.sch.uk](mailto:sophie.norrington@kettlebrook.staffs.sch.uk)

## Method

- For the jerk chicken** - put all the ingredients **except the chicken thighs and butter** in a food processor and pulse to a rough paste. Rub the paste all over the chicken thighs.
- Heat the butter** in a frying pan until frothing, then **fry the chicken thighs for 7-8 minutes** on medium heat **until golden-brown and cooked through**. (The juices will run clear when the chicken is pierced in the thickest part with a skewer.)
- For the rice** - **Wash the rice** until water runs clear. Put **rice in a saucepan and cover with double the amount of boiling water**. **Boil for 7-8 minutes**, then **add the peppers and season**. Cook for a **further 2-3 minutes**, or until all the liquid is absorbed and the rice is tender. **Add the butter and fluff up the rice** with a fork.
- To serve** - **spoon the rice and peppers** onto a serving plate and **place the fried chicken thighs on the side**. Garnish with the lemon wedge and serve.

## Spicy Ramen Noodles

*One bite of spicy ramen noodles and you will never want to order takeout again. Fresh ramen noodles are sautéed with garlic, ginger, scallions, soy sauce, mirin, and spicy chili crunch. 10 minutes start to finish for these spicy, slurp-able noodles to land on your plate! Each bite is better than the last!*

**Prep:** 10 mins | **Cook:** 10 mins | **Total:** 20 mins | **Servings:** 2 servings

### Ingredients

**5oz** fresh ramen noodles cooked and drained

**1 tbsp** oil

**1** spring onions, thinly sliced, whites & green parts divided

**2** garlic cloves, minced (2 Tbsp)

**½ tbsp** ginger paste or 1/2-inch ginger, finely grated

**1 tbsp** low-sodium soy sauce

**½ tsp** fish sauce

**½ tbsp** mirin

**1 tsp** sesame seeds

**1 tbsp** chili garlic sauce



### Instructions

1. Heat a large wok or skillet over high heat, then add oil. When hot add thinly sliced whites of spring onions and sauté, stirring often, 1 minute. Add minced garlic and ginger and cook 1 minute more.
2. To the pan, add cooked **noodles, soy sauce, mirin, and fish sauce**, then toss to thoroughly coat. Add remaining thinly sliced spring onions (the green part!), reserving just a few for garnish, and 1-2 tbsp of chilli sauce (depending on how spicy you like it).
3. Give one final stir, then divide equally into bowls. Top each serving with sesame seeds, more spring onion, and a drizzle of chilli garlic sauce if wanted. Serve immediately, though these are just as delicious room temperature or even cold!

### Notes

- **Ramen noodles:** if you cannot find fresh ramen (wheat) noodles, 'chow mein' noodles sometimes labelled 'Chinese egg noodles,' soba, or udon.
- If you can't find spicy chili garlic sauce, **sriracha** or **Gochujang** can be substituted in moderation.
- **Mirin:** a good substitute for mirin (sweet cooking rice wine) is rice vinegar. It helps to counter the soy and fish sauces!



# Mr. Hall's Health & Fitness

Ronaldo teaches us to **not put limits on what we want to achieve**. You need to **believe** in yourself and **put the work in**. Once the **belief** and **determination** are there, **anything is possible**.

**"Believe in yourself,  
You are braver than  
you think, more  
talented than you  
know, and capable of  
more than you  
imagine."**

**Cristiano Ronaldo**



Happy Half Term  
Everyone – see you on  
Monday 27 February!

