




EXTRA Chapatti

12-18 year olds



12-18 year olds


200 kcal

Chapatti	110g
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## EXTRA Garlic bread


12-18 year olds

	12-18 year olds	200 kcal
Garlic bread		70g



EXTRA Naan bread

12-18 year olds



12-18 year olds


200 kcal

Naan bread	80g
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EXTRA Wholemeal roll

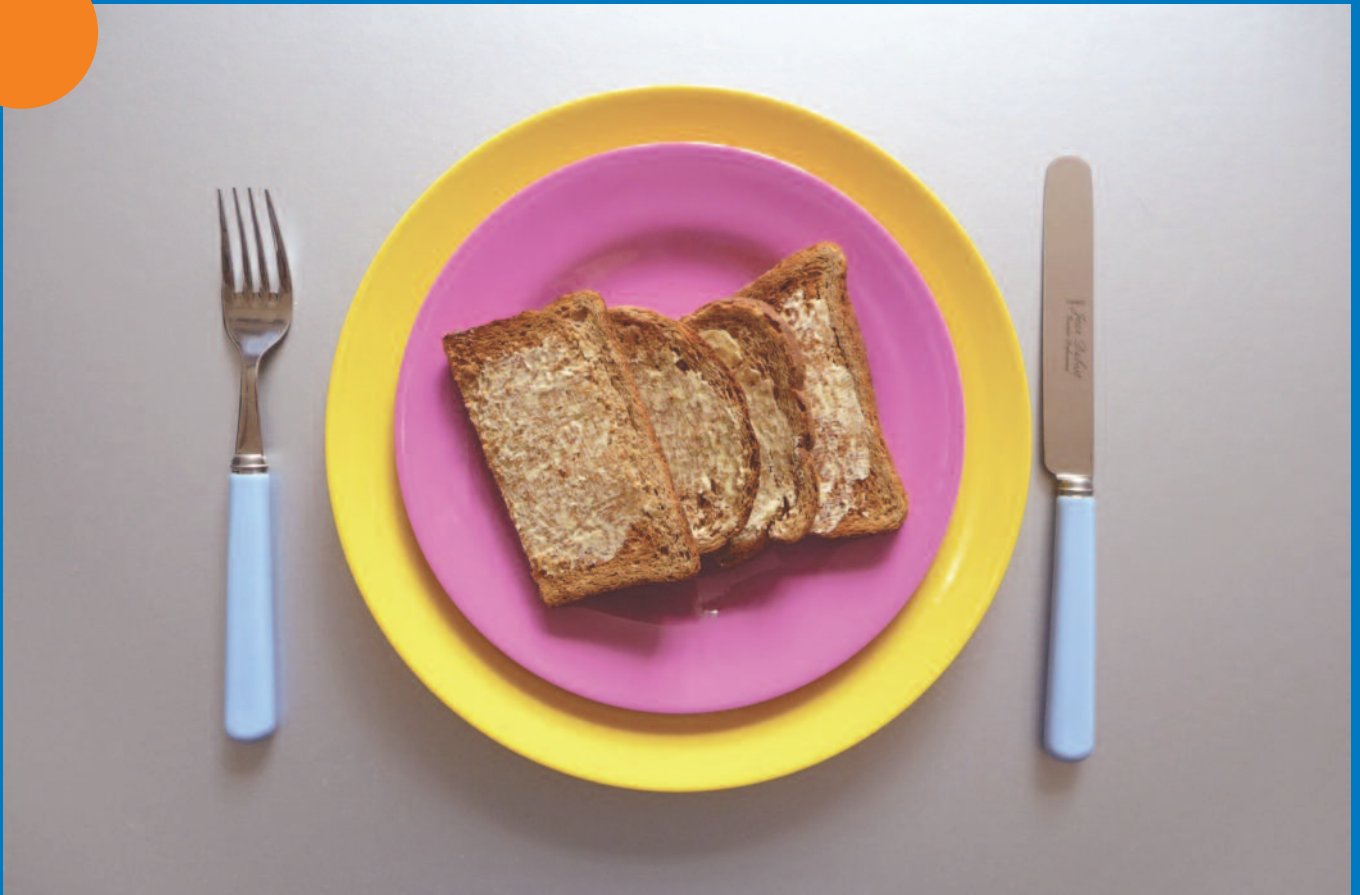
12-18 year olds

	12-18 year olds	200 kcal
Wholemeal roll		70g





EXTRA Wholemeal toast



EXTRA Wholemeal toast

12–18 year olds



12-18 year olds

200  
kcal


Wholemeal toast	70g
Vegetable fat spread	8g





EXTRA Jacket potato

12-18 year olds

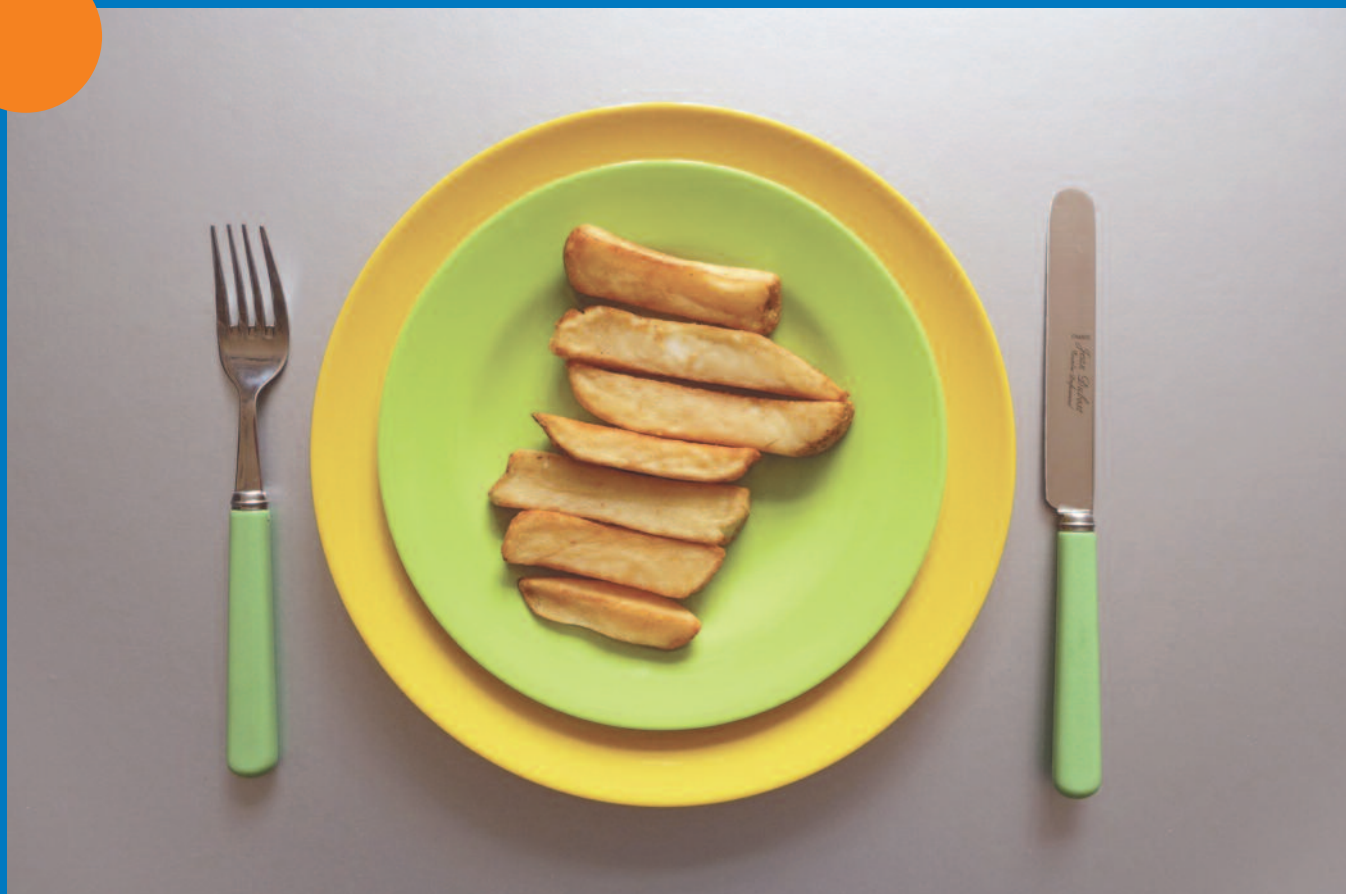


12-18 year olds

200 kcal

Jacket potato	200g
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EXTRA Oven chips



EXTRA Oven chips


12-18 year olds

	12-18 year olds	200 kcal
Oven chips	125g	



## EXTRA Potato wedges

12–18 year olds

	12-18 year olds	200 kcal
Potato wedges	150g	

**Potato wedges**

This recipe makes 4 portions of about 150g.

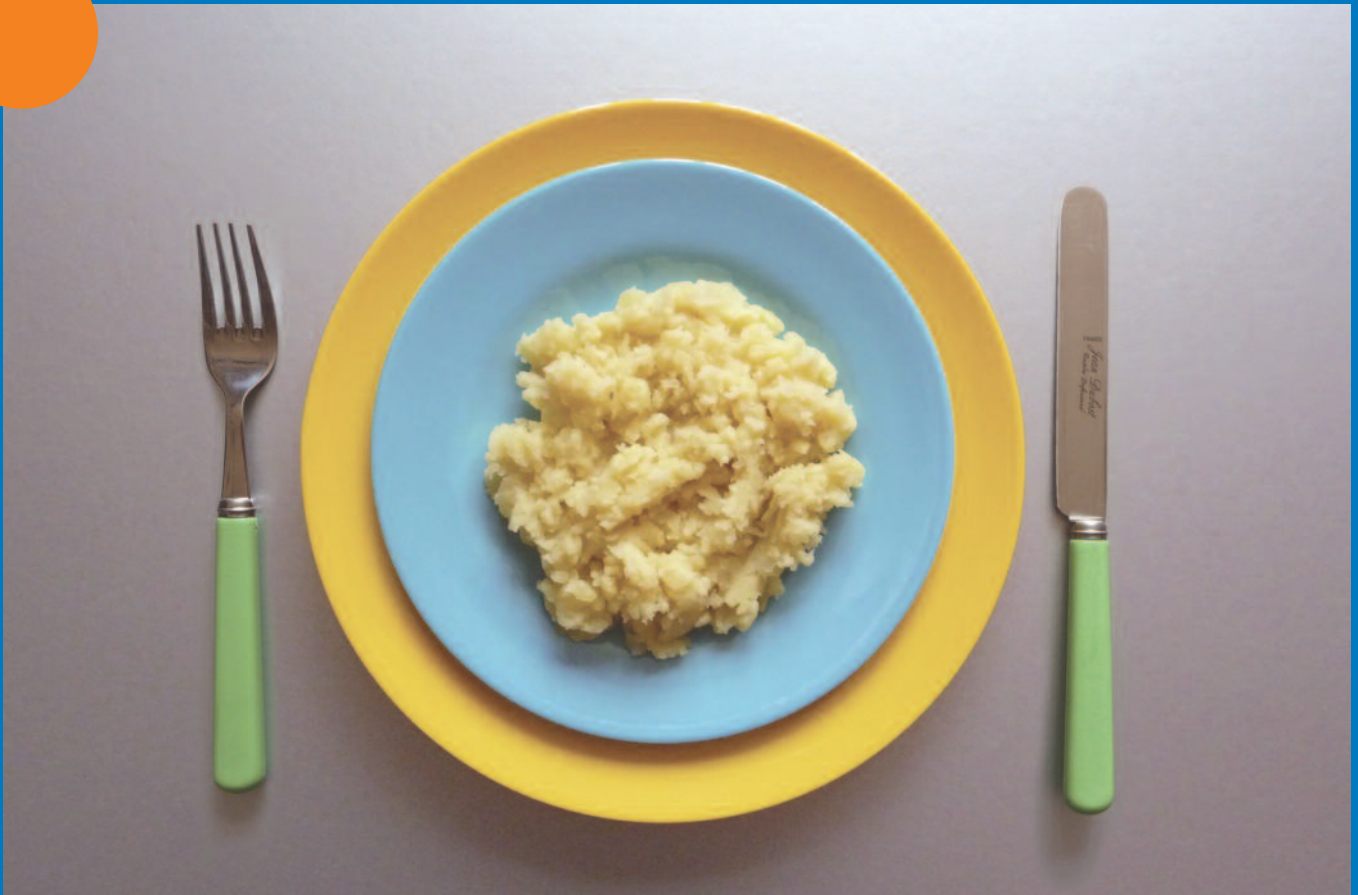
3 large old potatoes  
2 tablespoons vegetable oil

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Scrub the potatoes and cut in half, and then cut each half into about eight wedges.
3. Put the potato wedges in a roasting tin (they must be in a single layer) and brush with the oil. Cook at the top of the oven for 15 minutes.
4. Turn the wedges and cook for another 15 minutes or until tender.






## EXTRA Mashed potato



## EXTRA Mashed potato

12–18 year olds

	12-18 year olds	200 kcal
Mashed potato	200g	

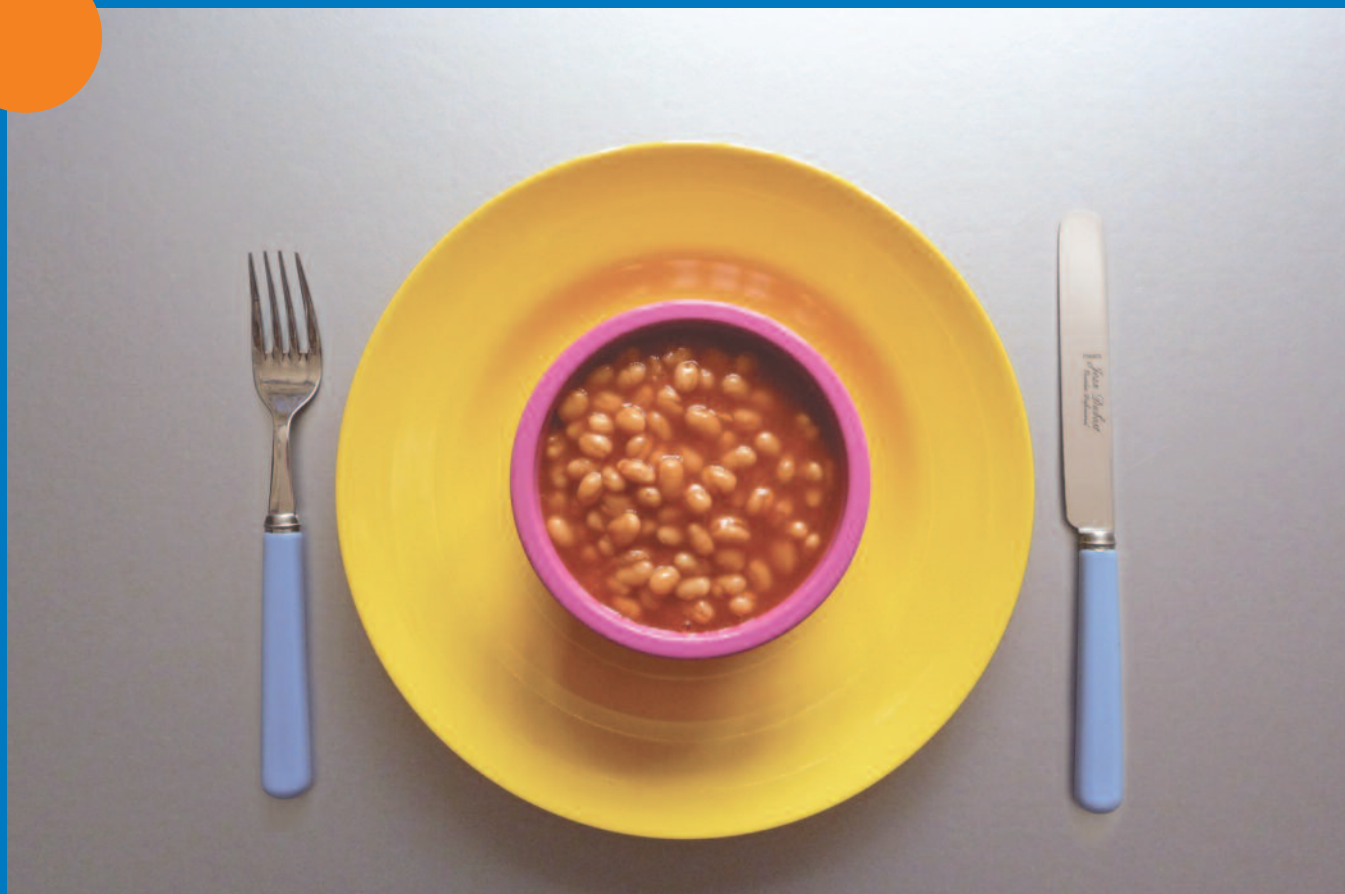
### Mashed potato

This recipe makes 4 portions of about 200g.

1kg old potatoes  
40g vegetable fat spread

1. Peel the potatoes and dice.
2. Cook in boiling water for about 15 minutes until tender.
3. Drain the water and put the potatoes back in the pan. Add the fat spread and mash until the potato is well mashed.





## EXTRA Baked beans

12–18 year olds



12-18 year olds

200  
kcal

Low-salt, reduced-sugar baked beans

270g





## EXTRA Rice

12–18 year olds



12-18 year olds

200  
kcal

Cooked white rice


150g





EXTRA Tortilla chips

12-18 year olds



12-18 year olds

200 kcal

Tortilla chips	35g
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