Recipes for our Prototype

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| Easy | One | | | | Breakdown of meal | Ingredients | Cooking stage | Recipe cards layout |
| Burger | | | | Burger = Bun, burger meat, lettuce, tomatoes and ketchup.  (7) | Bun = bread Burger meat = mince Vegetables = (from fridge) | Slicing vegetables, and cooking mince and making them round |  |
| Spaghetti | | | | Pasta, Tomato Sauce, onion, Ground beef, diced tomatoes  (5) | Spaghetti noodles, ground beef, onion and tomato, jarred tomato sauce | Slicing vegetables, frying the beef, boiling spaghetti |  |
| Quiche | | | | 5 large eggs, ¾ cups of milk, Shredded cheese, cooked vegetables, diced meat  (5) | Eggs, milk, cheese, garden vegetable, ham | Beat eggs in mixing bowl, adding milk as you mix.  Pour mixture into frozen pie crust. Put in the oven |  |
| Sandwich | | | | Egg, bacon, bread, sauce, oil (5) | Cooking oil, bacon, sourdough bread, mayonnaise, egg | Fry bacon, spread butter and fry bread, fry eggs, spread sauce. |  |
| Pancakes | | | | Flour, 2 large eggs, milk, oil, sugar  (5) | Flour, 2 large eggs, milk, cooking oil, sugar | Mix flour, sugar then eggs and milk in 1 bowl. Cook them in frying pan |  |
| Pizza | | | | Readymade dough, tomato sauce, cheese, pepperoni  (4) | Readymade dough, tomato sauce, cheese, pepperoni | Roll out dough, spread tomato sauce, spread cheese, add pepperoni lastly, put in oven |  |
| Medium | Two | | | |  |  |  |  |
| Pizza | | + extra toppings (Mushroom) | |  |  |  |  |
| Soup (e.g. chicken) | | + extra flavour (e.g. sweetcorn) | |  |  |  |  |
| Baked salmon | | +Vegetables | | Salmon fillet, butter, lemon juice, garlic, dill  (5) +veg spring beans | Salmon fillet, butter, lemon juice, garlic, dill | Bake salmon first, add seasoning, bake salmon all the way through  Serve with spring beans |  |
| Pancakes | | + different toppings | |  |  |  |  |
| Sandwich | | + add 2 stuffing | |  |  |  |  |
| Burger | | +extra stuffing | | Burger+ = Bun, burger meat, lettuce, tomatoes, pickles, ketchup. | +extra stuffing = chicken meat | Cooking mince and shaping, slicing more vegetables, slicing cooked chicken. |  |
| Hard | Three | | | |  |  |  |  |
| Pizza | + extra toppings | | + extra toppings |  |  |  |  |
| Sandwich | +add extra stuffing | | +add extra stuffing |  |  |  |  |
| Roast dinner | +Vegetables | | +Gravy | Onion, carrots, chicken, lemon, thyme , flour chicken stock.  (7) | Onion, carrots, chicken, lemon, thyme , flour chicken stock. | Scatter veg around chicken, season chicken with lemon and thyme.  Oven cook chicken then make gravy. |  |
| Curry | +Rice | | +topping | Oil, onion, curry powder, tomato paste, vegetables mixed, water, chopped cilantro  (7) | Oil, onion, curry powder, tomato paste, vegetables mixed, water, chopped cilantro | Saucepan – sauté onion  Stir in curry powder and tomato paste  Stir in tomatoes, vegetables, water and season.  Cook Rice |  |
| Soup | +extra flavour  Veg | | +extra flavour  Noodles | Vegetables, onion, chicken, cooking oil, thyme and parsley  (6) | (Carrots, celery, leek, parsnip, turnip) veg, onion, cooking oil, herbs | Slice onion and veg  Slice chicken  Insert chicken and sliced vegetables in pan  Drain stock,  Cook onion and rest of veg let it cook then add stock then add chicken.  Add noodles |  |
| Burger | +extra stuffing | | +extra stuffing | Burger++ = Bun, burger meat, lettuce, onions, extra burger meat, tomatoes, mustard and pickles. |  | Cooking mince and shaping, slicing more vegetables, preparing ketchup and mustard |  |

Cooking

Slicing vegetables, Frying, Boiling, Mixing, Pouring, Spreading, Roll out (dough), Bake (oven), Shaping