

FREEBIE

5

RECIPES

EVERY TEEN CAN MAKE

EXCLUSIVE RECIPES FROM OUR

COOKING CLUB

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HELLO



I'm Ankie Niesing, founder of Wooden Spoon Kids.

As a former Consumer Science teacher and founder of Wooden Spoon Kitchen. I've spent more than 15 years helping young people develop confidence and practical life skills in the kitchen.

I created this recipe pack to help your teen swap some screen time for kitchen time this holiday while building confidence through cooking.

Inside you'll find five favourite recipes from our Cooking Club, including:

- Mini Pizzas
- Nachos
- Butter Chicken Curry
- Blueberry Muffins
- Tomato Soup

These recipes have been carefully chosen because they are achievable, delicious, and teach valuable cooking skills that teens can use for years to come.

Whether your teen is a complete beginner or already enjoys cooking, I hope these recipes inspire them to get creative, try something new, and discover the satisfaction of making food from scratch.

Happy cooking!

Ankie Niesing

Founder, Wooden Spoon Kids



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MINI PIZZAS

The image shows two round mini pizzas in the foreground, resting on a piece of white parchment paper. The pizzas are topped with a red tomato sauce, melted yellow cheese, and small pieces of toppings like herbs and possibly meat or vegetables. In the background, there is a large red bowl, a jar with a red and white checkered lid, and some other mini pizzas. The overall scene is set on a light-colored surface.

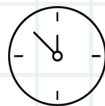
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MINI PIZZAS



Prep time
20 min



Cooking time
12-14 min



Portions
8



180°C
Bake for 8-10 min



SR flour



plain yoghurt



oregano



tomato puree



mozzarella



ham



garlic



olive oil

Mini Pizzas

Chef Notes

- Mini pizzas cook quickly, so keep an eye on them to prevent burning.
- Use small amounts of sauce and toppings so the bases stay crispy.
- Prepare all toppings before assembling to make the process fast and fun.
- Leave a small border around the edge for a neat crust.
- Mini pizzas are great for lunchboxes and freezing //

Skill Badges



Ingredients

Pizza Bases

300 g (2 cups) self-raising flour
250 g (1 cup) full-fat plain Greek yoghurt
pinch of salt

Tomato sauce

90g tomato puree
1 tsp oregano + extra to sprinkle on pizzas
2 cloves of garlic
2 tbs olive oil
pinch of salt

Topping ideas

Meat: 80g ham, pepperoni, mince, shredded chicken

Cheese: 125g mozzarella, cheddar, feta

Vegetables: 80g peppers, sundried tomatoes, pineapple, avocado, mushrooms

Equipment

Mixing bowl
Measuring cups and spoons
Rolling pin
Chopping board
Knife

Spoon
Baking tray
Baking paper
Cheese grater
Oven gloves

Method

Step 1

Preheat the oven to 180°C Line a baking tray with baking paper.

Step 2

Add the garlic, olive oil, salt and oregano to the tomato puree-stir.

Step 3

In a large bowl, combine the self-raising flour, salt and yoghurt. Mix with a spoon until the mixture resembles large flakes, then combine with your hand, kneading until a soft dough forms. Divide the dough into 8 pieces.

Step 4

Lightly flour a clean work surface and roll each min-pizza out to 1 cm thickness.

Step 5

Place the dough rounds on the baking tray. Spread a small amount of tomato paste over each round. Add the toppings. Bake for 12-14 minutes, or until the dough is golden and the cheese has melted

NACHOS & GUACAMOLE



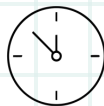
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LOADED NACHOS



Prep time
20 min



Cooking time
4 min



Portions
4



Loaded Nachos

Chef Notes

- Use good melting cheese – cheddar or mozzarella melt best. Freshly grated melts better.
- Don't add too many wet toppings – They make the chips soggy. Add salsa or avocado after baking.
- Serve with yogurt or sour cream
- Serve immediately – Nachos are best hot while the cheese is melted and the chips are crispy //

Skill Badges



Ingredients

- 1 tbsp smoked paprika
 - 1 tbsp ground cumin
 - 1 tsp onion powder
 - 1 tsp dried oregano
 - 1 tsp salt
 - 1 tbsp olive oil
 - 1 onion, finely diced
 - 1 tsp crushed garlic
 - 500 g minced beef
 - 1 tin chopped tomatoes
 - 400 g canned beans(kidney, black or borlotti)or substitute with another 250 minced beef
 - 200 g corn chips
 - 1 cup (125 g) freshly grated cheddar cheese
- Other topping ideas:** guacamole, jalapenos, tomato salsa, coriander, cheese sauce, chipotle sauce

Equipment

- frying pan
- chopping board
- knife
- plate
- fork
- wooden spoon
- grater
- measuring spoons
- tin opener
- baking dish
- garlic crusher
- lemon juicer

Method

Step 1

Heat the olive oil in a large, heavy-based frying pan over high heat. Add the onion and garlic and cook for 1–2 minutes until softened.

Step 2

Add the beef and cook until browned, 3–4 minutes. Add the spices, tomato paste and beans (if using). Add 1/4 cup (60 ml) of water and cook for 4 minutes.

Step 3

Arrange the corn chips in an ovenproof dish, and top them with the beef mixture and the cheese. Grill for 2–4 minutes until golden and the cheese is melted.

Step 4

Top the nachos with plain yogurt, avocado and extra toppings

BUTTER CHICKEN CURRY



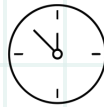
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BUTTER CHICKEN



Prep time
15 min



Cooking time
20 min



Portions
6



Butter Chicken

Chef Notes

- Cook the tomato sauce well – Let it simmer so it tastes rich and not sour.
- Add butter and cream at the end. This makes the sauce smooth, creamy, and delicious.
- **For a more authentic Butter Chicken Recipe, marinate chicken** – Mix yogurt and spices with the chicken and let it sit so it becomes tender and flavorful.
- If the sauce is too thin mix 2 tsp cornflour and ¼ cup liquid (stock, cream, milk) add to sauce and stir until thick and cooked. Or add a tin of chickpeas to stretch recipe.

Skill Badges



Ingredients

- 1 tbs olive oil
- ¼ cup grated yellow onion
- 4 garlic cloves, crushed
- 2 tbs grated fresh ginger
- 150ml chicken stock
- 200g tomato paste/passata
- 2 tsp cumin
- 2 tsp garam masala
- 1 tsp turmeric
- 900g chicken thighs or chicken breasts cut into cubes (**Vegetarian option:** 2X tins chickpeas)
- 1 ½ tbs fresh lemon juice
- 1 ½ tsp salt
- 150 ml cream/coconut milk
- 2 tbs butter (optional)
- Fresh coriander, for serving (optional)
- basmati rice, for serving

Equipment

Large sauté pan
Microplane grater
Grater
Juicer

Chopping board
Garlic crusher
Measuring jug
Wooden Spoon

Method

- Step 1** Heat the olive oil in a large sauté pan over medium heat. Add the onion, garlic, and ginger. Cook, stirring often, until the onion is softened cook for 2 to 3 minutes.
- Step 2** Add the cumin, garam masala and turmeric and stir until the spices are fragrant. Add chicken pieces and fry until golden brown.
- Step 3** Add the stock and tomato puree, bring to a simmer and cook over medium heat.
- Step 4** Cover and cook for 15 minutes, or until chicken is cooked through
- Step 5** Stir in the lemon juice, butter and cream. Season with salt. Return to a simmer and cook until heated through, about 2 minutes more. Serve with rice & fresh coriander



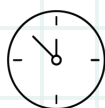
BLUEBERRY MUFFINS



BLUEBERRY MUFFINS



Prep time
15 min



Cooking time
25 -30 min



Portions
9-10



butter



lemon



blueberries



brown sugar



stoneground
flour



yogurt



baking
powder



bicarbonate
of soda



egg



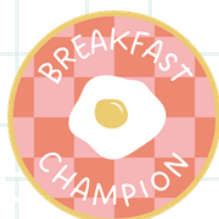
vanilla essence

Pantry Staples

Chef Notes

- Do Not Overmix
- Fresh blueberries hold their shape better
- Frozen blueberries can be used straight from the freezer.
- Eggs & milk at room temperature incorporate more evenly, creating a smoother batter and better rise.
- Fill liners about $\frac{3}{4}$ full for a nice dome.
- Sprinkling coarse sugar (on top before baking creates a crunchy, professional finish.

Skill Badges



Ingredients

- 70 g butter (5 tbs)
- 100 g sugar ($\frac{1}{2}$ cup)
- Finely grated zest from half a lemon
- 180 g plain yogurt ($\frac{3}{4}$ cup)
- 1 large egg
- 1 tsp vanilla essence
- 1 $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp bicarbonate of soda
- $\frac{1}{4}$ tsp salt
- 195 g cake flour (1,5 cups)
- 215g (1,5 cups) blueberries, fresh or frozen
- 2 tbs brown sugar (optional)

Equipment

- muffin pan
- paper or silicon liners
- measuring jug
- teaspoon
- scale or measuring cups
- mixing bowls x2
- whisk
- ice cream scoop or
- tablespoon
- spatula

Method

- Step 1** Preheat the oven to 190°C. Line a muffin tin with 9 paper liners or spray each cup with a nonstick spray.
- Step 2** Melt butter in a large bowl and whisk in sugar, zest, yogurt and egg until smooth. Whisk baking powder, bicarbonate of soda and salt into the flour.
- Step 3** Lightly fold in flour and berries. Batter will be very thick, like a cookie dough.
- Step 4** Divide between prepared muffin cups and sprinkle each with 1 teaspoon of brown sugar
- Step 5** Bake for 25 to 30 minutes, until tops are golden. Let it cool in pan for 10 minutes and then on cooling rack until cold.

TOMATO SOUP





RED PEPPER & TOMATO SOUP



Prep time
10 min



Cooking time
30-45 min



Portions
4



Red Pepper & Tomato Soup

Chef Notes

- Roasting for flavour - Roasting peppers and tomatoes before blending deepens the sweetness and gives the soup a smoky, rich flavour. It also helps to remove the skin from the peppers more easily.
- Balancing acidity - Tomatoes can be acidic, so a small pinch of sugar, drizzle of honey, or splash of cream can help balance the flavour.
- Seasoning layers - Always season in stages: a pinch of salt when roasting, another when blending, and a final taste at the end to adjust. This brings out the best in the vegetables

Skill Badges



Ingredients

4 cloves of garlic
2 red onions
2 tbs olive oil
2 punnets cherry tomatoes
1 kg large tomatoes chopped
2 peppers chopped in chunks
250ml vegetable stock
125ml - 250ml cream or coconut milk (depends on your taste, but don't make the soup too thin)
handful fresh basil
1 tbs balsamic glaze (or even just a little honey or sugar)
salt and pepper to taste

Equipment

roasting tray
saucepan
knife
chopping board
measuring jug
blender/immersion blender

Method

Step 1

Preheat oven to 200°C.
Chop all ingredients and place in baking tray. Drizzle with olive oil and sprinkle with salt.

Step 2

Roast in the oven for about 30 minutes until the tomatoes are soft but also caramelised and slightly brown and burnt on the edges.
Remove from oven, you can either place all the ingredients in a pot and blend with an immersion blender or cool down and add to a blender.

Step 3

Blend until smooth and add balsamic glaze, cream and fresh basil leaves. Blend again and season with more salt if needed.

Step 4

Serve with a drizzle of cream, basil and some chilli flakes.

WANT TO KEEP COOKING?

If your teen enjoyed these recipes, they'll love the Wooden Spoon Kids Cooking Club.

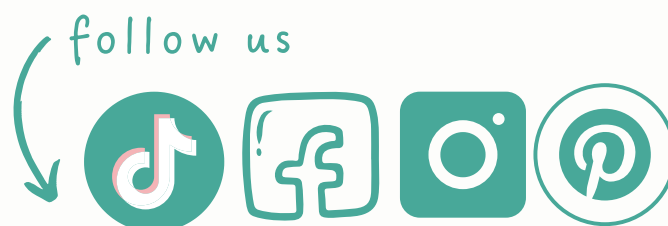
Our online cooking club for ages 10–16 helps young people develop real cooking skills, confidence, independence, and a positive relationship with food.

Members join live weekly cooking sessions, access a growing library of recipes and lesson videos, and learn everything from knife skills and kitchen safety to nutrition and food history.

More importantly, they gain a skill that will stay with them for life. Cooking isn't just about following a recipe. It's about building confidence, creativity, problem-solving skills, and independence.

We'd love to welcome your family into our community of young cooks.

Join the Wooden Spoon Kids Cooking Club today and continue the journey from recipe follower to confident cook.



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