

Objective

One-pan cod, chorizo and chickpea bake recipe
Ingredients 1 tsp olive oil 2 onions, roughly chopped 2 celery sticks, sliced 4 garlic cloves, sliced 130g pack diced chorizo 400g tin plum tomatoes 400g tin chickpeas 540g pack frozen cod fillets, defrosted, skinned and cut into 5cm chunks 30g pack fresh parsley, leaves picked and chopped 1 lemon, cut into wedges
Method Preheat the oven to gas 6, 200°C, fan 180°C. Heat the oil in a casserole pan over a low-medium heat. Add the onions, celery, garlic and chorizo; cook for 10 mins. Add the plum tomatoes, breaking up with a spoon, then add the chickpeas and juices; simmer for 10 mins Pat the cod dry with kitchen paper, then arrange over the top of the pan. Bake for 10 mins or until the sauce is reduced and the cod is juicy, taking and cooked through. Scatter with parsley and serve with the lemon wedges to squeeze over.
Lesson Planner / Learning Corner
By the end of this lesson, Nadia will have learned how to follow a recipe to create a delicious one-pan cod, chorizo and chickpea bake. This activity will help her practice reading comprehension and following directions accurately. It will also reinforce her math skills by practicing addition and multiplication. Finally, it will enhance her writing skills and creativity by having her describe the dish and its appearance.

Materials and Prep

- Ingredients for the recipe:
 - 1 tsp olive oil
 - 2 onions, roughly chopped
 - 2 celery sticks, sliced
 - 4 garlic cloves, sliced
 - 130g pack diced chorizo
 - 400g tin plum tomatoes
 - 400g tin chickpeas
 - 540g pack frozen cod fillets, defrosted, skinned and cut into 5cm chunks
 - 30g pack fresh parsley, leaves picked and chopped
 - 1 lemon, cut into wedges
- Cooking utensils: casserole pan, spoon, kitchen paper, oven
- Knowledge needed: Basic understanding of cooking terms and measurements.

Activities

- **Recipe Reading and Comprehension:** Nadia will read through the recipe and highlight key instructions. This will help her practice reading comprehension and following directions accurately.
- **Measurement Math:** Using the ingredients, Nadia will convert measurements (e.g., grams to kilograms) and double the recipe. This will reinforce her math skills by practicing addition and multiplication.
- **Cooking Demonstration:** Nadia will prepare the dish step-by-step, practicing her cooking skills while following the recipe. This hands-on activity will help her apply what she has learned.
- **Creative Writing:** After cooking, Nadia will write a short paragraph describing the dish, including its taste and appearance. This will enhance her writing skills and creativity.

Talking Points

- "What do you think is the most important step in this recipe?"
- "How can we convert grams to kilograms? Remember, 1000 grams equals 1 kilogram!"
- "Why do you think we need to pat the cod dry before cooking it?"
- "What are some other dishes you think we could make using similar ingredients?"
- "How would you describe the taste of chorizo to someone who has never tried it?"