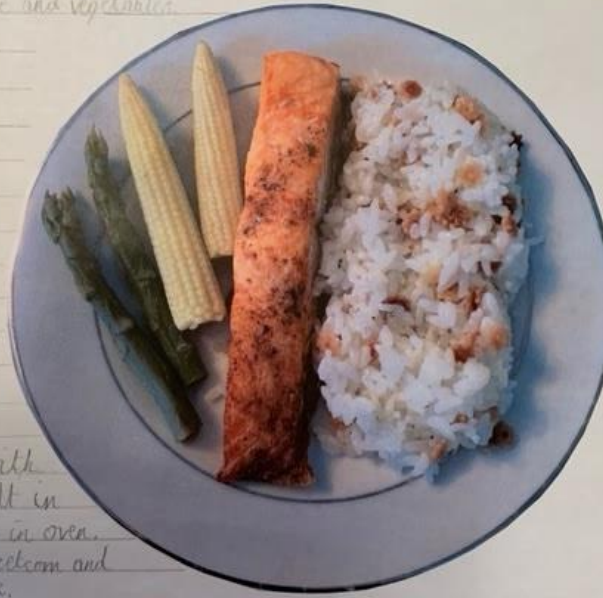




Salmon fish with rice and vegetables.  
 Ingredients:  
 Fish  
 Rice  
 Baby Sweetcorn  
 Asparagus  
 Black pepper, Salt,  
 Sunflower and oil.  
 Equipment:  
 Spoon  
 Casserole  
 griddle pan  
 method:  
 First: I put fish with  
 black pepper and salt in  
 the pan then cooked in oven.  
 I sautéed baby sweetcorn and  
 asparagus in the Casserole.



**Y4 learning linked to their project 'Burps, Bottoms and Bile'**

