

Caribbean Chicken

A flavour of the Caribbean makes this the most laid back of lunches. Watch it bring happy, sunny smiles to everyone at your table. This makes a brilliant dish for freezing so you can enjoy quick-fix Caribbean sunshine whatever the weather.



Serves 10 children



55 minutes

INGREDIENTS

Oil, sunflower 1 Tbsp

Chicken, breast, skinless, diced 3 large
(approximately 500g)

Onion, brown 1 large

Potato, peeled, diced 350g

Pumpkin, peeled, diced 300g

Medium curry powder 2 tsp

Cumin, ground $\frac{1}{2}$ tsp

Cinnamon, ground $\frac{1}{4}$ tsp

Turmeric 1 pinch

Stock, vegetable 300ml

Chopped tomatoes, canned 1 can (400g)

Mango 1 large mango (approximately
230g)

Pineapple chunks, canned in natural
juice, drained 1 can (440g)

Rice, white, dry 1 cup (200g)

DIRECTIONS

1. Prepare rice as per packet instructions.
2. Heat oil in a large saucepan and fry the chicken and onion for 5 minutes until the onion is soft.
3. Add the potato, pumpkin and spices and cook for a further 4-5 minutes until the chicken is cooked through.
4. Add the vegetable stock and tomatoes to the pan and bring the sauce to the boil.
5. Stir in the chopped mango and the pineapple chunks, then reduce the heat to low, cover and simmer for 20 minutes, stirring occasionally.
6. Remove the lid and cook for a further 10 minutes until the liquid has reduced to a thick sauce.
7. Serve immediately with the rice.

Allergy Information

Contains no common allergens.

Childcare RDI Calculator:

Fat	<div></div>	40 %
Vegetables	<div></div>	150 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	70 %
Dairy		0 %
Fruit	<div></div>	50 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services