

Pumpkin Chicken

This tasty pumpkin and chicken combination will have you making it again and again. Easy, colourful, and full of flavour, this recipe is a delicious winner! To keep things fresh, substitute the pumpkin for roast sweet potato, beetroot, or squash.



Serves 10 children



45 minutes

INGREDIENTS

Chicken breast, raw, skinless 800g
 Onion, raw 1 medium
 Celery stalks 2 large
 Garlic 2 cloves
 Peas, frozen 1 cup
 Pumpkin, raw 500g
 Oil, canola, liquid 4 tsp
 Pepper 1 pinch
 Rice, basmati, raw 1.25 cups
 Broccoli, raw, fresh or frozen 250g
 Cumin, ground 1 tsp
 Coriander, dry 1 tsp
 Seeds, sesame, raw 1 Tbs

DIRECTIONS

1. Prepare rice as per packet instructions.
2. Preheat oven to 180°C. Chop pumpkin into bite sized pieces and place on oven tray.
3. Drizzle half the oil and sprinkle with sesame seeds. Bake in oven for 15-20 minutes at 180°C.
4. Dice onion and garlic, and roughly chop celery and broccoli. On a clean board cut chicken into bite sized pieces.
5. Heat remaining oil in fry pan. Add chicken, onion, garlic, celery, peas, broccoli, ground cumin and coriander. Cook chicken through and until onions are translucent.
6. Place cooked rice in serving bowl, add roast pumpkin and chicken mix, stir and serve.

Allergy Information

Contains sesame seeds.

Childcare RDI Calculator:

Fat	<div></div>	40 %
Vegetables	<div></div>	150 %
Meat/Alt*	<div></div>	160 %
Cereals	<div></div>	80 %
Dairy		0 %
Fruit		0 %

* 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