

One of our lovingly created Kindred Recipes!

Caribbean Chicken/Quorn with Sweet Potato

Ingredients

(Based on Family of 4)

- ✓ 1x Half an Onion
- ✓ 1x Half a Pineapple
- ✓ 1x Small Bunch Fresh Parsley
- ✓ 400g Sweet Potato
- ✓ 275g Chicken Breast/ Quorn
- ✓ Chicken Stock cube
- ✓ 110ml Boiling Water (add more if needed)
- ✓ 1x Tablespoon Oil Spread
- ✓ 40g Plain Flour
- ✓ 115ml Semi Skinned Milk

Method

- ✓ Preheat the oven 180c/350F/Gas Mark 4
- ✓ Chop the onion, pineapple, parsley and sweet potato
- ✓ Dice the chicken.
- ✓ Dissolve the stock cube in water.
- ✓ Boil the sweet potato for 15 minutes or until soft, then drain and mash. Set aside until required.
- ✓ Meanwhile, heat the oil in a pan. Add the diced chicken and cook for 5 minutes until browned.
- ✓ Add the onions and cook for a further 3-4 minutes.
- ✓ Transfer the chicken and onions to an ovenproof dish. Add the pineapple and parsley and mix together.
- ✓ On a medium heat, melt the spread and stir in the flour to make a smooth paste.
- ✓ Gradually add the stock and the milk, stirring continuously. Cook for a few minutes until thickened and then pour over the chicken mixture.
- ✓ Top with the sweet potato mash and bake in the oven for approx. 30 minutes or until the mixture is bubbling.
- ✓ Serve and Enjoy!



AUTUMN/WINTER
MENU

