



Nutritionally balanced,
lovingly created Kindred Recipe

Chicken, banana and pineapple korma

Feeds a family of 5

- Ingredients:**
- | | |
|---|---|
| 1 x small onion | 200ml reduced fat coconut milk |
| 1 x garlic clove | 90g bananas |
| 500g chicken breast –
90g per child | 1 x tinned pineapple |
| 40g korma curry paste –
Or more if you would like
more flavour! | 500g brown rice –
90g per child |

Method:

1. Chop the onion and garlic and dice the chicken
2. Heat oil in large pan, add onion and garlic and cook for a few minutes until softened
3. Add the korma paste and cook out for a few minutes, then add chicken breast until browned
4. Add coconut milk, banana and canned pineapple and bring to the boil. Simmer until the chicken is cooked through and the sauce is thickened
5. Cook the rice as per manufacturer's instructions



All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.