

Nutritionally balanced,
lovingly created Kindred Recipe

Caribbean chicken topped with sweet potato

Feeds a family of 5

Ingredients: 1 x small onion
400g large pineapple –
65g per child
Pinch of fresh parsley
500g sweet potato –
90g per child
500g chicken breast –

90g per child
90ml boiling water
1 tablespoons vegetable oil
20g vegetable oil spread
25g plain flour
90ml semi skimmed milk

Method:

1. Preheat the oven to 180°C/350°F/gas mark 4
2. Chop the onion, pineapple, parsley and sweet potato. Dice the chicken
3. Boil the sweet potato for 15 minutes or until soft, then drain and mash. Set aside until required
4. Meanwhile, heat the oil in a pan. Add the diced chicken and cook for 5 minutes until browned
5. Add the onions and cook for a further 3-4 minutes
6. Transfer the chicken and the onions to an ovenproof dish. Add the pineapple and parsley and mix together
7. On a medium heat, melt the spread and stir in the flour to make a smooth paste
8. Gradually add the water and the milk, stirring continuously. Cook for a few minutes until thickened and then pour over the chicken mixture
9. Top with the sweet potato mash and bake in the oven for approx. 30 mins or until the mixture is bubbling



AUTUMN/WINTER
MENU
2020/21