



CHICKEN & BALTI PIE

Meat main dish: this recipe provides a portion of meat and a portion of vegetables. It counts towards the standard to provide a portion of meat, fish, eggs, beans or non-dairy sources of protein.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

5ml vegetable oil
200g onion, peeled and chopped
10g garlic purée
600g chicken breast, diced
100g carrots, peeled and grated
110g Balti paste
400g canned tomatoes
120g red lentils, dried
150ml water
250g wholemeal bread mix
175ml water
5g (1¼tsp) ground cumin

Method

1. Preheat the oven to 230°C/Fan 210°C/gas mark 8.
2. Heat the oil in a saucepan and cook the onions and garlic until soft. Add the chicken and continue to cook until sealed.
3. Add the grated carrot and Balti paste. Stir fry for 5 minutes.
4. Add the tomatoes, lentils and water. Simmer for approximately 20 minutes (alternatively transfer it to a moderate oven with a lid on.)
5. Place the bread mix in the mixer with the water and cumin. Divide the Balti mixture between tins.
6. Roll the bread mix over the top and prove for approximately 5 minutes.
7. Place the pie into the pre heated oven and bake for 30 minutes or until golden.

Serving suggestion: with brown rice and seasonal vegetables.



Number of portions this recipe makes:

10 primary servings (225g)
7 secondary servings (325g)



Prep: 15 minutes

Cook: 1 hour 10 minutes



Allergy information:

Soya, sulphites, wheat (gluten)



Top Tips

Add different spices and dried fruit to the bread mix.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose curry paste containing less than 5.0g/100g salt and bread with less than 1.0g salt per 100g.