



CHICKEN & ROASTED VEGETABLE COUSCOUS

Grab and Go: this dish provides a portion of starchy food and a portion of meat. It counts towards the food-based standard for lunch to provide a portion of starchy food and a portion of meat, fish, eggs, beans and other non-dairy sources of protein.

Recipe adapted from: Children's Food Trust Recipe for success – Grab and go recipes and tips

Ingredients

200g mushrooms, sliced
200g onions, diced
200g aubergine, diced
200g celery, sliced
200g peppers, deseeded and diced
200g courgette, sliced
8g (2 cloves) garlic, peeled and crushed
50ml vegetable oil
1kg couscous (2.2kg cooked)
1litre boiling water
6g (1 cube) reduced salt vegetable stock cube
800g cooked chicken, cut into bite-sized pieces

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Place the vegetables and garlic on a baking tray and drizzle with the vegetable oil.
3. Roast the vegetables for 40 minutes, turning them over occasionally.
4. In a large bowl, cover the couscous with the boiling water and crumble over the stock cube, stirring it in. Cover the bowl with plastic film and set aside while the vegetables are cooking or until the water is absorbed.
5. Fluff up the couscous with a fork, add the roasted vegetables and the diced chicken and mix to combine.

Serving suggestion: serve hot or cold.



Number of portions this recipe makes:

16 primary servings (260g)
12 secondary servings (350g)



Prep: 20 minutes
Cook: 40 minutes



Allergy information:

Celery, egg, milk, wheat (gluten)



Top Tips

Replace chicken with chickpeas for a vegetarian dish.

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 oil based on unsaturated fat, choose stock preparations which are lower salt varieties (below 0.6g/100ml).