



CHICKEN CHASSEUR

Meat main dish: This recipe provides a portion of poultry and counts towards the standard to provide a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day and a portion of meat or poultry on three or more days each week.

Recipe adapted from: Junior Lopes, Head Chef at Reach Academy (JPL Catering)

Ingredients

150g onions, peeled and chopped
15g (1 tbsp) garlic puree
20g (2 tbsp) fresh thyme, chopped
6g (1) reduced-salt chicken stock cube
200ml water
2 bay leaves
1kg canned chopped tomatoes
300g button mushrooms
50ml vegetable oil
1g (0.5 tsp) black pepper
15g (half a bunch) fresh tarragon, chopped
2kg raw chicken, light and dark meat
3g (1tsp) paprika

Method

1. Pre-heat the oven to 180°C/350°F/gas mark 4.
2. In a large pot sweat the onions and half the garlic purée with the thyme.
3. Add the chicken stock, bay leaves, and chopped tomatoes and bring to the boil.
4. Mix the mushrooms with half the oil and half the black pepper, and place on a tray in the oven for approximately 15 minutes. After cooking drain off all the liquid, add it to the sauce and then add the tarragon.
5. Mix the chicken with the remaining oil and garlic puree, and the paprika and pepper.
6. Turn up the oven to 250°C/480°F/gas mark 8.
7. Divide up the mixture and place into separate trays and cook for approximately 35 minutes. Check it has reached the required core temperature.
8. Lower the oven temperature to 180°C /350°F/gas mark 4.
9. Drain off all liquid from the cooked chicken, add the sauce and put back in the oven for 10 minutes.

Serving suggestion: with brown rice and seasonal vegetables.



Number of portions this recipe makes:

26 primary servings (125g)
20 secondary servings (160g)



Prep: 10 minutes
Cook: 50 minutes



Allergy information:

Milk, celery, sulphites, wheat (gluten)



Top Tips

Only add the sauce to the chicken after the chicken is fully cooked.

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 oils and spreads based on unsaturated fats and stock preparations with a salt content less than 0.6g/100ml as consumed.