



CHICKEN & BUTTERNUT SQUASH CURRY

Meat main dish: This recipe provides a portion of protein, and a portion of starchy food. Using brown rice means this dish provides a portion of wholegrain starchy food, required once a week at lunchtime.

Recipe adapted from: Local Food Links, Dorset

Ingredients

200g butternut squash, peeled and diced
30ml vegetable oil
200g onions, peeled and chopped
10g (3tsp) curry powder
8g (2 cloves) garlic, peeled and crushed
600g chicken thigh, diced
300g red pepper, deseeded and diced
600g canned chopped tomatoes
100g red lentils
200ml water
25g coriander, chopped
400g brown rice

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. In a large mixing bowl, coat the diced butternut squash in half the oil.
3. Place on a baking tray, making sure the pieces do not overlap. Roast in the oven for 30 minutes or until soft.
4. Heat the remaining oil in a large saucepan, lightly sauté the onions for 5 minutes.
5. Add the curry powder, garlic and chicken to the onions.
6. Add the red peppers, tomatoes, red lentils and water, bring to the boil and simmer for 30 minutes. Add water to thin the sauce if necessary.
7. Meanwhile, boil the brown rice following the instructions on the packet and drain.
8. Add the roasted butternut squash to the vegetable and chicken mixture and garnish with freshly chopped coriander and serve with rice.



Number of portions this recipe makes:

9 primary servings (350g)
7 secondary servings (450g)



Prep: 20 minutes
Cook: 20 minutes



Allergy information:
Mustard



Top Tips

For a vegetarian curry, swap the chicken for chickpeas or meat replacements.

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 based on unsaturated fats.

Serving suggestion: Serve with warm naan bread, and natural yoghurt with fresh mint.