



LARMENIER'S CHOC-O-BLOCK CHICKEN WRAP

Grab & Go: This recipe provides a portion of vegetables, starchy food and meat. It counts towards the standards to provide a portion of starchy food and meat, poultry or non-dairy sources of protein each day.

Recipe adapted from: Eden Foodservice (dish created, developed and evaluated by pupils)

Ingredients

Marinade chicken:

10ml (½tbsp) vegetable oil
5g paprika
3g mild chilli powder
5g tomato purée
5ml lemon Juice
600g chicken breast, diced

For tomato base sauce:

10ml (1/2 tbsp) vegetable oil
75g onion, peeled and diced
30g red pepper, deseeded and finely chopped
50g courgette, finely chopped
50g carrots, peeled and finely chopped
50g swede, peeled and finely chopped
1g dried mixed herbs
300g canned tomatoes
100ml water

Wrap filling:

10ml (½tbsp) vegetable oil
100g onions, peeled, diced finely
4g (1 clove) garlic, peeled and crushed
100g carrots, peeled and sliced
100g red pepper, deseeded, and sliced
100g courgette, sliced
2g (1 tsp) black pepper

Wraps:

10 regular (approximately 62g each) or 7 large (approximately 100g) white flour tortillas (Primary serving use regular approximately 62g each, secondary serving use large approximately 100g each)

Method

1. Mix together the oil, paprika, chilli powder, tomato purée and lemon juice. Combine well with the chicken. Marinade for at least one hour.
2. Prepare tomato base sauce by heating the oil and adding the vegetables. Cook until soft and slightly browned then add the mixed herbs, chopped tomatoes and water. Simmer gently for approx. 30 minutes. Once cooled slightly blitz with a hand blender until the mix becomes a smooth paste.
3. Preheat the oven to 200°C/400°F/gas mark 6. Lightly grease a tin.
4. Prepare the wrap filling, by heating the oil, and gently sauté the onions and garlic. Add the carrots and cook for a further 5 minutes. Add the peppers and stir.
5. Add chicken and fry, stirring continuously, until it is well sealed on all sides. Add the courgette and black pepper and mix well. Add tomato sauce (only add enough to add some moisture) and cook until chicken is cooked through and reaches the required core temperature.
6. Lay tortillas on the table. Spoon a portion of chicken mixture on the tortilla and roll up, place in the tin.
7. Put a lid on the tin and then place in oven and bake until golden brown and required core temperate is reached, approximately 20 minutes.

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.



Number of portions this recipe makes:

10 primary servings (225g)
7 secondary servings (320g)



Prep: 25 minutes
Cook: 25 minutes



Allergy information:

Wheat (gluten)



Top Tips

Use wholemeal wraps to increase the fibre and iron content of this recipe

Serving suggestion: serve with a vegetable accompaniment such as a seasonal salad.