



KHEEMA LOAF

Grab & Go: this recipe 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, as featured in the Children's Food Trust Recipes for Success series.

Ingredients

1700g lean minced beef
100g wholemeal breadcrumbs
100g (2) eggs
4g (2tsp) black pepper
10g (1tbsp) curry powder
1560g wholemeal pittas:
26 x small (60g) or 20 x large (80g)

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Mix all of the ingredients (except the pitta breads) together in a bowl. Add the chicken and vegetables.
3. Place on a baking dish and shape into a roll.
4. Bake for 40 minutes until cooked and the juices run clear.
5. Drain off surplus fat and slice.
6. Warm and slice the pitta and serve the kheema loaf inside.

Serving suggestion: with raita and salad



Number of portions this recipe makes:

26 primary servings (60g, plus pitta bread)
20 secondary servings (80g, plus pitta bread)



Prep: 10 minutes
Cook: 40 minutes



Allergy information:

Egg, mustard, soya, wheat (gluten)



Top Tips

Try different types of combinations of roast vegetables for variety of flavours.

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 pitta bread with less than 1.0g salt/100g.