



POLENTA SLICE WITH RATATOUILLE & MOZZARELLA

Grab and Go, Vegetarian: This dish provides a portion of starchy food & counts towards the food based standards for lunch to provide a portion of starchy food every day.

Recipe adapted from: The King's School Pontefract, as featured in the Children's Food Trust Recipe for Success series

Ingredients

30ml (2 tbsp) olive oil
25g onions, peeled and finely chopped
300g courgettes, peeled and chopped
250g red pepper, deseeded and chopped
250g yellow pepper, deseeded and chopped
600g canned chopped tomatoes
4.6kg canned kidney beans, drained (drained weight 3kg)
10g (2tsp) fresh parsley, chopped
4 litres water
2kg polenta
5g (2tsp) black pepper
500g mozzarella, sliced thinly

Method

1. Heat the oil in a large pan, then add the onions and cook for 3-4 minutes.
2. Add the courgettes, red and yellow peppers and cook for a further 5 minutes.
3. Add the canned tomatoes, kidney beans and the parsley and leave to simmer over a low heat for 15 minutes.
4. Meanwhile, make the polenta base; place the water and the polenta in a pan, bring to the boil and simmer over a low heat for 5-6 minutes.
5. Add the black pepper then turn the cooked polenta out onto two baking trays and leave to one side to set.
6. Preheat the oven to 220°C/425°F/gas mark 7.
7. When the polenta has set, spread over the tomato mixture and top with the mozzarella.
8. Cook in the oven for 20 minutes until the cheese has melted.



Number of portions this recipe makes:

40 primary servings (285g)
30 secondary servings (380g)



Prep: 10 minutes

Cook: 1 hour 15 minutes



Allergy information:

Milk



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 vegetable oil based on unsaturated fat.