



STICKY CHICKEN

Main Meal / Grab & Go: This recipe provides a portion of meat and counts towards the standard to provide a portion of meat, fish, eggs, beans or non-dairy sources of protein every day and the standard to provide a portion of meat or poultry on three or more days each week.

Recipe adapted from: Jo Wotton, Catering Manager, The Saints' Way Multi Academy Trust

Ingredients

100g tomato purée
60ml sesame oil
50ml soy sauce
24g (1 tbsp) honey
3kg (24) for primary or 6kg (48) for secondary chicken drumsticks

Method

1. Mix tomato purée, oil, soy sauce and honey together and pour onto the chicken, mix well rubbing the marinade into the chicken skin.
2. Leave to marinade for 1 hour.
3. Preheat the oven to 180°C/350°F/gas mark 4.
4. Place the marinated chicken in a tin and bake for 40 minutes.
5. Allow to cool slightly and serve with vegetable rice.

Serving suggestion: with seasonal salad.



Number of portions this recipe makes:

24 primary servings (70g)
24 secondary servings (130g)



Prep: 10 minutes, plus proving
Cook: 40 minutes



Allergy information:

Sesame, soya, wheat (gluten)



Top Tips

If your pupils like a spicy drumstick add some chopped chilli or mustard. Choose soy sauce with less than 2.0g salt per 100g.

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.