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.

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.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/ww