

This is Grub4Life.Com – Britain’s foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.



For more information on free resources or training which could be supported by 100% grant contact us at feedback@grub4life.com for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

Chicken and Sweet Potato Curry with Rice

Serves 10

Ingredients	
10 (450 g) boneless, skinless chicken thighs	900 ml chicken stock made from kallo low salt stock cube
50g plain flour	500g sweet potato, peeled and chopped
30g oil	50g chopped spinach (fresh or frozen)
2 (220 g) onions – chopped	75g sultanas
6 tbsp (90g) tomato puree	1 dessertspoon (10g) brown sugar
450g Rice	2 tbsp (30g) mild curry powder

METHOD:

1. Pre-heat oven to 180c, 350F, Gas 4.
2. Coat the chicken in flour (3tbsp), and fry in 2 tbsp oil until golden brown. Drain and place in an oven-proof casserole dish.
3. Fry the onion in 1 tbsp oil until golden, then add the tomato puree.
4. Add the curry powder; continue to stir for a couple of minutes.
5. Stir in 2 tbsp flour, and then add 300ml of the stock mixing well.
6. Add the sweet potato, sultanas and remaining stock.
7. Season and add the brown sugar.
8. Pour the sauce over the chicken thighs, add spinach and stir in, cover and cook in the oven for ½ hour.
9. Serve with boiled rice.

COOK'S TIP

- PREPARE EXTRA SWEET POTATO AND SPINACH TO MAKE A PUREE FOR WEANING BABIES
- FOR WHEAT-FREE DIETS, REPLACE PLAIN FLOUR WITH RICE FLOUR.
- FOR VEGETARIAN DIETS EXCLUDE CHICKEN, REPLACE WITH DICED QUORN
- OR BUTTER BEANS.

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
352	16	8.6	56	3.6	0.6	3.2	67

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