

Chicken Curry

Allergens – Celery, Gluten, Milk, Mustard

Ingredients

Quantity	Ingredient
1Kg	Cooked Chicken (diced)
400g	Apples (chopped)
400g	Onions (chopped)
85g	Margarine
85g	Plain Flour (contains Wheat)
25g	Chicken Bouillon - Knorr (contains Celery)
500g	Carrots (grated)
50g	Mango Chutney
25g	Tomato Puree
1.5Ltr	Water (could include some Milk in this volume)
30g	Curry Powder (contains Mustard)
100g	Sultanas (can be served separately)



Vegetable and Carbohydrate is provided based on the current menu

Method

1. Fry the onions and apples in the margarine until tender.
2. Add the curry powder and flour and cook for 1 minute.
3. Gradually add the water and bouillon to make a sauce.
4. Add all the other ingredients and simmer for 30 minutes.
5. Add the cooked chicken and heat thoroughly
6. Serve with long grain rice.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 91	= 3.8	= 1	= 5	= 0.29	= 7.2

Portion size – Primary- 180g portion