

## Cooking our way out of the Lockdown Blues

Here are another two of our favourite recipes that are loved by the children in our schools.

So why not get out your apron, get cooking and give it a go.

## Chicken Curry

Serves 4

Always check the label of each ingredient for allergen information

- 400gm diced Chicken/2 Breasts/4 Boneless thighs
- 140gm/1 whole cooking apple remove skin and core then dice
- 140gm/2 medium onions - diced
- 50gm/2 rounded tablespoons of margarine
- 30gm/2 tablespoons plain flour
- 1 chicken stock cube
- 250gm/2 large carrots grated or diced
- 25gm/1 tablespoon mango chutney
- 15gm/1 tablespoon tomato puree/paste
- 500ml/1 pint water
- 50gm/3 tablespoons sultanas (optional)
- 20gm/2 tablespoons curry powder
- 75gm spinach (fresh or frozen)



### Method

1. Dry fry chicken in a pan taking care not to colour for approximately 10-15 minutes, remove from pan.
2. Melt margarine in the pan then add chopped onions and apple and cook until soft.
3. Add the flour and curry powder to the mixture and stir for 2-3 minutes on a medium heat.
4. Dissolve the stock cube with the hot water and gradually add to the flour mixture stirring until all the liquid has been used.
5. Add carrots, mango chutney and tomato puree/paste keeping a low heat until carrots are cooked
6. Add the cooked chicken, sultanas and spinach stir well, then season to taste.
7. Serve with rice/naan bread.

### Some helpful tips for this recipe.

- Boneless chicken thighs are cheaper than breast with more flavour.
- Ready cooked chicken strips are available in the frozen section of supermarkets this can be used to reduce cooking time, add after defrosting to the curry sauce.
- If a sweeter curry is preferred use 2 desert apples peeled and cored.
- For a creamier curry replace half the water with milk.
- Additional vegetables can be added to this sauce grated courgettes, chopped peppers and tomatoes the sauce can be blended before adding chicken and sultanas.
- A great way to contribute to 5 a day.
- Why not try replacing the chicken with vegetables such as chickpeas, peppers and cauliflower for a meat free alternative?

*Try making your own cookies, they are delicious. Much cheaper to make, no additives to worry about, involve the children in helping to make them, and turn it into a cookery lesson.*



## Butterscotch Cookies

Makes 10 cookies

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- 150gm /4 tablespoons of margarine
- 150gm/6 heaped tablespoons soft brown sugar
- 275gm /5 heaped tablespoons self-raising flour/could use plain flour with the addition of 2 teaspoons of baking powder
- 22gm / 1 level tablespoon Syrup

### Method

- Cream margarine and sugar together.
- Add in the syrup.
- Add and mix in the flour until dough forms.
- Roll into walnut shaped balls.
- Space (Socially distanced!) on lined baking tins.
- Cook in a preheated oven 180c/350f/gas mark 4 for 15 minutes.
- Leave to cool on a wire rack, sit back and enjoy.



Allergy Disclaimer: Always check the label of each ingredient for allergen information