

A simple one pot dish that is lightly spiced and introduces children to middle eastern food.

EDUCATION SECTOR: PRIMARY
SERVINGS: 10
ALLERGENS: GLUTEN



Egyptian Style Chicken Traybake

Ingredients

FOR THE CHICKEN

750g Chicken thigh, diced
10g Ground cumin
10g Ground coriander
10g KNORR Professional Garlic Puree

TO FINISH

20g KNORR Professional Chicken Powder Bouillon
1.2ltr Boiling water
25g Tomato puree
200g Dried lentils (no need to soak)
500g Pasta (shells or macaroni)
400g Tinned tomato



Method

FOR THE CHICKEN:

- Mix the chicken with the KNORR Professional Garlic Puree, spices and tomato puree then cover and allow to marinade for 30 minutes.
- Remove the chicken from the fridge and place onto an oven tray then bake for 15 minutes at 170°C.

TO FINISH:

- Whisk the KNORR Professional Chicken Powder Bouillon into the water then add the tomato puree and lentils then cook for 10 minutes.
- Remove the chicken from the oven, pour in the lentils and add all the remaining ingredients and stir through.
- Cover with a lid or tin foil and return to the oven to bake for 20-25 minutes.