



Main Meal: Creamy Chicken Potato

Equipment

- Knife
- Chopping board
- Scales
- Measuring jug
- Measuring spoons
- Large metal or wooden spoon
- Large saucepan
- Baking tray/s (for cooking potatoes)
- Baking tray/s (for cooking chicken)

This recipe makes 10, 25 or 50 standard serves (for grade 4-10) or 14, 35 or 70 junior serves (for kinder-grade 3).

Ingredients

	10 serves	25 serves	50 serves
Potatoes			
Potatoes, washed and unpeeled	2.3 kilograms	5.75 kilograms	11.5 kilograms
Olive oil	20 millilitres	50 millilitres	100 millilitres
Salt and pepper	To taste	To taste	To taste
Meat and Vegetables			
Skinless chicken thigh, raw, diced	700 grams	1.75 kilograms	3.5 kilograms
Olive oil	80 millilitres	200 millilitres	400 millilitres
Onion, diced	150 grams	375 grams	750 grams
Carrot, diced	150 grams	375 grams	750 grams
Celery, diced	150 grams	375 grams	750 grams
Frozen peas	210 grams	525 grams	1.050 kilograms
Garlic, peeled and crushed	30 grams	75 grams	150 grams
Creamy Sauce			
Butter	70 grams	175 grams	350 grams
Flour	70 grams	175 grams	350 grams
Reduced salt chicken style stock powder	7 grams	18 grams	35 grams
Milk	1 litre	2.5 litres	5.0 litres
Water	As required	As required	As required
Cheddar cheese	150 grams	375 grams	750 grams
Dijon mustard	50 grams	125 grams	250 grams
Salt and Black pepper	To taste	To taste	To taste

Method

To cook the potatoes

- 1 Preheat oven to 170°C. Cut potatoes as your students will like- you can leave whole, cut in half, into wedges, or small pieces (smaller pieces will cook quicker).
- 2 Place potatoes on a large tray and coat with olive oil, salt and pepper.
- 3 Place in oven and bake for approximately 1 hour or until golden brown and cooked through.

To cook the chicken sauce

- 4 Preheat oven to 180°C.
- 5 Pour olive oil onto an oven tray add the chicken. Cook for 15 minutes or until cooked through, remove from oven and set aside.
- 6 In a pan cook the onion, carrot and celery until soft.
- 7 Add garlic.
- 8 Add margarine and allow to melt.
- 9 Add the flour and cook stirring continuously for 2 minutes.
- 10 Slowly pour in the milk, whisking constantly.
- 11 Mix the chicken stock into the water and slowly add to the mix stirring quickly to avoid lumps.
- 12 Add cheese, Dijon mustard, pepper and the cooked diced chicken. Mix well.
- 13 Add frozen peas and cook for 5-10 minutes.

Notes ^ If the mixture is too thick, thin with water
 ^ When portioning potatoes, keep with the recommended serving weight

To assemble

- 14 Place baked potato into a bowl or plate and spoon the chicken sauce on top.
 Use fresh herbs from school garden to garnish, if available.

Side Dish: Fruit

Ingredients

	10 serves	25 serves	50 serves
Fresh Fruit	1.0 kilogram	2.5 kilograms	5.0 kilograms

To serve:

	Junior serve (kinder-grade 3)		Standard serve (grade 4 – grade 10)	
	Weight	Volume	Weight	Volume
Creamy Chicken Sauce	130 grams	Approx. 1/3 cup	180 grams	Approx. 1/2 cup
Jacket potato	140 grams	-	200 grams	-
Fruit		1 piece of fresh fruit		1 piece of fresh fruit