

Mustard chicken



Serves:
approx. 40



Prep time:
45 minutes



Cooking time:
45 minutes



Source of vegetables



Source of grains



Source of iron



Ingredients

- 3 kg chicken breast fillets, cut bite-sized
- 6 carrots, sliced thinly
- 2 cups broccoli, chopped
- 2 capsicums, chopped
- 4 zucchini, chopped
- 2 onions, chopped or grated
- ½ cup oil (sunflower, canola or olive oil)
- 3 tbsp margarine
- 3 tbsp plain flour
- 3 tbsp golden syrup
- 600 mL milk
- 3 tbsp mustard
- 1½ kg wholemeal pasta

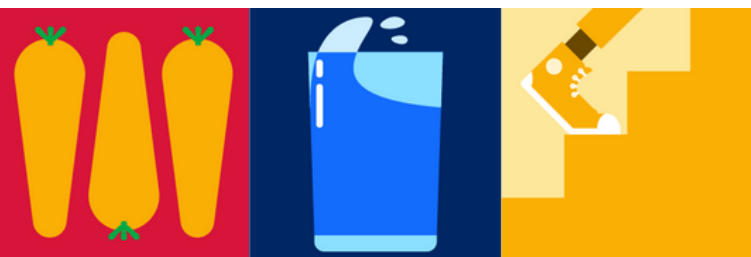
Method

1. Heat oil and brown chicken in batches. Remove from pan and set aside.
2. Add vegetables to remaining oil and stir fry for 5 minutes or tender. Put pasta on to boil.
3. Combine chicken and vegetables, set aside.
4. To make sauce, melt margarine in large saucepan, remove from heat and stir in flour. Return to heat and gently cook for 1 minute. Remove from heat and stir in milk. Return to moderate heat, bring to boil while stirring. Turn heat down and simmer for 1 minute.
5. Add golden syrup and mustard to sauce. Combine the sauce, chicken and vegetables.
6. Serve with pasta and extra salad or vegetables.

Helpful hints

- Wholemeal pasta is a source of iron. Try mixing wholemeal pasta with regular pasta if children are not used to it. Increase the wholemeal portion gradually over time.
- Swap wholemeal pasta with brown rice.

Illawarra Shoalhaven Local Health District, 2022.



Healthy Eating
Active Living

