

## Chicken Piri Piri with Rice

Serves 10

Ingredients	
4 (520g) boneless, skinless chicken breasts	150g mushrooms
2 tbsp (30ml) sunflower oil	2x 400g can chopped tomatoes
Pinch of dried mixed herbs	1 tsp (6g) dried oregano
1 (100g) onion, peeled and chopped	90g grated cheese
50g unsaturated margarine	400g of long grain rice
400g of mixed frozen peas and sweet corn	

- METHOD:
- Preheat oven to 180c, 350F, Gas 4
- Cut the chicken into bite sized pieces and sprinkle with mixed herbs
- Place in an oven proof dish, drizzle with a little oil and brown in the oven while you prepare the sauce.
- In a frying pan, heat the margarine, add the onion and soften for 5-10 minutes. Then add the mushrooms and cook for a further 3-4 minutes.
- Add the chopped tomatoes and the oregano and simmer for about 10 minutes.
- Pour the tomato sauce over the chicken breasts, add the grated cheese and cook in the oven for 25-30 mins.
- Cook the rice according to the instructions.
- 4 minutes from the end, add the peas and sweet corn.
- Serve the chicken and sauce on a bed of rice.



- ✓ COOK'S TIP: USE PREVIOUSLY PREPARED PUREE FROM THE FREEZER FOR WEANING DIETS
- ✓ FOR VEGETARIAN DIETS, REPLACE CHICKEN BREASTS WITH QUORN FILLETS AND USE SOYA OR VEGETARIAN CHEESE.
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE CHEESE.

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
287	23	13	22	0	0.4	1.5	106