

## Oven Baked Chicken and Vegetable Pilaf with Salad

**Serves 10**

Ingredients	
<b>200g sliced courgette</b>	<b>100g frozen or canned sweetcorn</b>
<b>10ml sunflower oil</b>	<b>1tsp mixed dried herbs</b>
<b>60mg mushrooms</b>	<b>320g long grain rice</b>
<b>200g onion, diced</b>	<b>200ml water</b>
<b>100g frozen peas</b>	<b>1 kallo low salt vegetable stock cube</b>
<b>180g tomatoes, chopped</b>	<b>400g cooked, chopped chicken breast</b>
<b>400g mixed salad</b>	

- **METHOD:**
- Pre heat the oven to 150c, 300F, gas 3
- Make the stock, by adding 800ml boiling water to the stock cube.
- Sauté the diced onions and mushrooms. Add the rice to the pan and stir continuously. Cook the rice for 3-4 minutes until it is glossy. Add the herbs, chopped tomatoes, peas, sweet corn and courgette to the pan.
- Add the chicken to the pan, and gradually add the stock.
- Bring the mixture to the boil, and transfer to an oven proof dish with a lid. Bake in the oven at 150c 300F gas mark 2 for 25-30 minutes.
- Serve immediately with a mixed salad



- ✓ **COOK'S TIP: FOR PUREE DIETS, PREPARE BOILED RICE AND PEAS TO MAKE A PUREE**
- ✓ **FOR VEGETARIAN DIETS OMIT CHICKEN AND REPLACE WITH BUTTERBEANS CANNED IN UNSALTED WATER**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
213	7.4	2.1	39	0.2	0.3	1.6	26