



Butter Chicken

INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
White rice	360 g	470 g	580 g
Onion	80 g	110 g	130 g
Pumpkin	430 g	560 g	690 g
Canola oil	15 ml	20 ml	25 ml
Garlic, crushed	15 g	20 g	25 g
Ginger, crushed	15 g	20 g	25 g
Tomato paste	25 g	30 g	40 g
Canned crushed tomatoes	190 g	250 g	310 g
Coconut milk	190 ml	250 ml	310 ml
Water	95 ml	125 ml	155 ml
Salt	10 g	13 g	15 g
Chicken stock powder	5 g	6 g	8 g
Garam masala	4.8 g	6.3 g	8 g
Chicken breast	430 g	560 g	690 g

DIRECTIONS

1. Cook rice following packet instructions.
2. Dice onion, then peel, deseed and dice pumpkin.
3. Heat oil in a large pot. Gently cook onion, garlic, and ginger until tender.
4. Add tomato paste and cook a further two minutes.
5. Add pumpkin, crushed tomatoes, coconut milk, water, salt, chicken stock and garam masala.
6. Stir and simmer until pumpkin is cooked through – about 10 to 15 minutes.
7. Meanwhile, dice chicken breast.
8. Once pumpkin is cooked, blend into a sauce consistency using a stick blender or liquidiser.
9. Add diced chicken to the sauce and simmer until chicken is cooked through.
10. Serve chicken and sauce over rice.

**SERVES 10
FOR EACH YEAR GROUP**



COST PER SERVE

YRS 0-3: \$0.90

YRS 4-8: \$1.18

YRS 9+: \$1.45



Ka Ora, Ka Ako
Healthy School Lunches Programme

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Butter Chicken continued...

GILMOURS PRODUCT INFO

***products & pricing valid as at 19/02/2026
and subject to change**

PRODUCT DESCRIPTION	PACK SIZE	PRICE
VALUE WHITE RICE LONG GRAIN	10 KG	\$16.58
BROWN GILMOURS ONIONS TAG1	10 KG	\$9.04
PUMPKIN CROWN	PER KG	\$4.76
VALUE CANOLA OIL	3 L	\$9.22
PAMS GARLIC CRUSHED	230 G	\$1.78
GILMOURS CRUSHED GINGER	1 KG	\$5.89
GILMOURS TOMATO PASTE A9	2.2 KG	\$5.94
GILMOURS TOMATOES CRUSHED	2.5 KG	\$6.37
AROY-D COCONUT MILK	1 L	\$5.63
GILMOURS STOCK BOUILLON CHICKEN	2.4 KG	\$33.76
GILMOURS GARAM MASALA	500 G	\$7.06
TEGEL FRESH CHICKEN BRST BL SL	10 KG	\$100.11

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	200	263	324
Vegetables (g)	52	68	83
Protein Food (g)	35	46	56
Grain Food & Starchy Veg (g)	96	127	156

RECIPE TIPS

- If pumpkin is costly, replace with another seasonal vegetable.
- Add extra water during cooking if necessary.
- Include roti as a side if the budget allows.
- Use a food processor for quicker vegetable preparation.

PORTIONING GUIDANCE

Portion out a reference plate for each meal size to guide your portioning.

YRS 0-3: About 2/3 C rice and
1/2 C butter chicken mixture

YRS 4-8: About 3/4 C rice and
2/3 C butter chicken mixture

YRS 9+: About 1 C rice and
3/4 C butter chicken mixture

SPECIAL DIET SUBSTITUTION IDEAS

Vegetarian: Replace chicken with chickpeas or paneer. Use plant-based stock.

Vegan: Replace chicken with chickpeas or tofu. Use plant-based stock.

Gluten-free: GF stock.

Dairy-free: No substitutions required.

Halal: Halal-certified chicken and stock.