

Butter chicken



SERVES
10

Ingredients

Quantities

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

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.



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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/wheat:

- Use gluten/wheat-free stock.

Halal:

- Use halal certified chicken & stock.

Soy:

- Use soy-free stock.

Dairy:

- Use dairy-free stock

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Rice	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup	1 cup
Butter chicken	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	$\frac{3}{4}$ cup

Nutrition standards

	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 and starchy vegetables (g)	96	127	156

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value white rice long grain	10kg
Brown Gilmours onions Tag 1	10kg
Pumpkin crown	Per kg
Value canola oil	3L
Pams garlic crushed	230g
Gilmours crushed ginger	1kg
Gilmours tomato paste A9	2.2kg
Gilmours tomatoes crushed	2.5kg
Aroy-d coconut milk	1L
Gilmours stock bouillon chicken	2.4kg
Gilmours garam masala	500g
Tegel fresh chicken breast BL SL	10kg

Allergens



gluten, wheat, soy, dairy.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



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