

Chicken tenders, mash, peas and gravy



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Potatoes	1.08kg	1.3kg	1.63kg
Milk	120ml	145ml	180ml
Salt	0.8g	1g	1.3g
Crumbed chicken tenders	450g	680g	900g
Water	230ml	280ml	350ml
Gravy powder	23g	28g	35g
Peas	595g	715g	895g

Directions

1. Preheat oven to 200 degrees Celsius.
2. Wash, peel and cut potatoes into 3-4cm pieces.
3. Place potatoes in a large pot, cover with water and bring to a boil.
4. Boil potatoes for approximately 20 minutes or until a fork can be inserted easily.
5. Drain boiled potatoes thoroughly.
6. Heat milk in a small pot until nearly simmering.
7. Add milk and salt to boiled potatoes and mash until smooth.
8. Place chicken tenders on roasting trays and cook in oven for 20 minutes or until internal temperature reaches 75 degrees Celsius.
9. In a medium pot bring measure of water to a boil then whisk in gravy powder and cook until thickened, then set aside.
10. Bring a large pot of water to a boil.
11. Cook peas in boiling water for 5 minutes, then drain.



Chicken tenders, mash, peas and gravy continued...

Special diet substitution ideas

Vegetarian:

- Use vegetarian gravy powder.
- Replace chicken tenders with plant-based alternative such as Plan*t vege-to-balls, serve an extra 20g per portion.

Vegan:

- Use vegan gravy powder.
- Use plant-based milk in mash.
- Replace chicken tenders with plant-based alternative such as Plan*t vege-to-balls, serve an extra 20g per portion

Halal:

- Crumb halal-certified chicken breast fillet slices.

Dairy:

- Use plant-based milk in mash.
- Use dairy-free gravy powder.
- Use dairy-free chicken tenders, or crumb chicken breast slices.

Egg:

- Use egg-free gravy powder.

Soy:

- Use soy-free gravy powder.
Use soy-free chicken tenders.

Gluten/Wheat:

- Ensure gravy powder is gluten/wheat-free.
- Use gluten/wheat-free chicken tenders.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Chicken tenders	1	1 ½	2
Mashed potato	102g	122g	153g
Peas	54g	65g	81g
Gravy	26g	31g	39g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	225	283	359
Vegetables (g)	54	65	81
Protein food (g)	43	69	86
Grain food and starchy vegetables (g)	90	108	135

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Potatoes agria Gilmours	10kg
Pams Value milk standard	2L
Pams salt iodised	1kg
Pams frozen chicken tenders	1kg
Maggi Wholeness gravy mix gf	2kg
Gilmours peas garden	5kg
Potatoes agria Gilmours	10kg

Allergens



dairy, egg, soy, gluten, wheat.

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

Tips



- For a faster and easier option use instant potato flakes (Health Star Rating 3.5 or above) instead of cooking and mashing fresh potatoes. Prepare with milk, rather than cream or butter.
- Swap the peas for any other cooked non-starchy vegetables, such as carrots, broccoli or green beans.