

Pasta with chicken and tomato sauce



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Canola oil	8ml	9ml	13ml
Onion, diced	150g	175g	250g
Capsicum, diced	150g	175g	250g
Garlic, crushed	10g	12g	17g
Canned crushed tomatoes	500g	590g	830g
Salt	1.5g	1.8g	2.5g
Sugar	2g	2g	3g
Dried mixed herbs	0.5g	0.6g	0.8g
Dry pasta shapes	400g	470g	665g
Chicken, cooked and shredded	350g	410g	580g
Parsley	6g	7g	10g
Edam cheese, grated	70g	80g	115g

Directions

1. Heat oil in a large pot.
2. Add onion and capsicum and cook until soft.
3. Remove from heat and add garlic, tomatoes, salt, sugar and mixed herbs.
4. Using a stick blender, blend the sauce until smooth.
5. Return to heat and cook over medium heat for 30 minutes.
6. Bring a separate pot of water to a boil.
7. Add pasta to boiling water and cook until just soft then drain.
8. Add chicken to sauce and return to a boil.
9. Mix sauce and chicken through pasta.
10. Chop parsley.
11. Serve pasta, sauce and chicken with cheese and parsley to garnish according to quantities below.



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Pasta with chicken and tomato sauce continued...

Special diet substitution ideas

Vegetarian:

- Replace chicken with canned chickpeas, serve 20g extra per serve.

Vegan:

- Replace chicken with canned chickpeas, serve 20g extra per serve. Replace cheese with vegan cheese.

Halal:

- Make sure chicken is halal certified.

Dairy (Cow's milk):

- Replace cheese with dairy-free cheese.

Gluten (wheat):

- Use gluten-free pasta.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Pasta, sauce and chicken	198g	232g	328g
Cheese	7g	8g	11g
Parsley	0.6g	0.7g	1g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	205g	241g	341g
Vegetables (g)	69g	81g	115g
Protein food (g)	42g	49g	70g
Grain food and starchy vegetables (g)	92g	109g	154g

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB onion diced	1kg
SB capsicum red diced	1kg
Gilmours garlic crushed in oil	1kg
Gilmours tomatoes crushed	2.5kg
Pams salt iodised	1kg
Pams sugar white	500g
Gilmours mixed herbs	500g
Turkmen pasta fusilli	5kg
Tegel chicken shredded classic roast	1kg
Fresh Connection half bunched parsley	350g
Alpine cheese edam grated	5kg

Allergens



dairy (cow's milk), gluten (wheat).

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

Tips



- Use any other cooked meat instead of chicken,
- Make bulk quantities of sauce and freeze for later use.