

Creamy chicken and broccoli pasta



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Dry pasta shapes	375g	500g	600g
Canola oil	15ml	21ml	25ml
Milk	560ml	750g	900ml
Cornflour	16g	22g	26g
Onion soup powder	14g	19g	23g
Water	50ml	65ml	80ml
Edam cheese, grated	95g	125g	150g
Chicken, pre-cooked and sliced	235g	315g	375g
Broccoli florets, frozen	735g	980g	1175g

Directions

1. Preheat oven to 200 degrees Celsius.
2. Bring 2 large pots of water to a boil.
3. Cook pasta in one pot for approximately 10 minutes or until just cooked through, then drain and mix through oil to prevent sticking.
4. Heat milk in a separate large pot until simmering.
5. Mix corn flour, onion soup and water in a bowl or jug to make a thin paste.
6. Slowly pour paste into simmering milk, whisking constantly. Bring back to a simmer then remove from heat.
7. Mix cheese into sauce to melt.
8. Place chicken in a large roasting tray and cover with tin foil. Heat in oven until it reaches 75 degrees Celsius.
9. Defrost frozen broccoli under warm water, then drain.
10. Cook broccoli in the second pot of boiling water until hot, then drain.
11. Place cooked pasta, sauce, broccoli and chicken in a large mixing container and mix to combine, then serve.



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Special diet substitution ideas

Vegetarian:

- Serve with boiled eggs instead of chicken. Or use a plant-based alternative.

Vegan:

- Replace chicken with a plant-based alternative.
- Replace milk with a plant-based alternative.
- Replace cheese with blended cannellini beans.
- Use vegan stock powder and extra cornflour instead of onion soup powder.

Gluten:

- Replace pasta with gluten-free pasta.
- Use gluten free vegetable stock powder and extra cornflour instead of onion soup powder.

Dairy:

- Use plant-based milk and cheese.
- Use dairy-free stock powder and extra cornflour instead of onion soup powder.

Halal:

- Use Halal-certified chicken.

Soy:

- Use soy-free soup powder or soy-free stock powder and extra cornflour.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	Serve about 225g	Serve about 300g	Serve about 360g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	227	303	363
Vegetables (g)	51	68	81
Protein food (g)	32	43	51
Grain food and starchy vegetables (g)	87	116	139

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Turkman pasta fusilli	5kg
Value canola oil	3L
Pams value milk standard	3L
Maggi soup mix onion	1.9kg
Gilmours cornflour maize	3kg
Alpine cheese edam grated	5kg
SB broccoli florets frozen	1kg
Tegel chicken shredded classic roast	1kg

Allergens



dairy, soy, gluten, wheat.

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

Tips



- Defrost broccoli before cooking. If cooked from frozen, the broccoli will lower the temperature of the water considerably and may take a long time to cook.
- If necessary, cook the pasta, sauce and broccoli in batches.
- If using fresh broccoli, cook until tender.
- Use large deep trays or tubs for mixing all the cooked foods, ideally so the food only takes up approximately half of the volume.
- Keep hot in deep trays covered with tin foil in oven set to 100 degrees Celsius.