



# Try a School meal for Yourself

School meals are healthy, tasty and nutritious

Try making  
tasty Creole  
Style Chicken!

Try making this simple recipe for your family at home. It's an example of what can be found on our school meal menu



# Creole Style Chicken

## Ingredients

10ml	Vegetable oil
4	Boneless chicken breasts cubed
2 teaspoons	Blackened cajun seasoning
100g	Pineapple chunks
75g	Peeled potato
40g	Sliced red onion.
40g	Frozen sweetcorn
1	Red pepper sliced
1	Lemon
3g	Ground black pepper
Serves 4	

## Method

1. Season the diced chicken in a dish with 2/3rds of the cajun seasoning, a little of the oil, lemon juice and salt, preferably the day before.
2. Peel and dice the potato, steam until nearly cooked through then fry until a little brown on the outside.
3. Stir fry the peppers and onions in a little of the olive oil.
4. Add the remainder of the cajun seasoning and stir.
5. Add the chicken and stir fry for 7 to 10 minutes until cooked through. Add the chopped pineapple, potatoes and sweetcorn and stir together for approximately 5 minutes.
6. Turn out into an ovenproof dish and put into a medium oven gas mark 3 / 160° C for approximately 10 minutes
7. Garnish with chopped fresh coriander.

Did you know your child may be eligible for free school meals?  
The process to apply has now been made simpler, so don't miss out.

For more information on school meals visit  
[www.walthamforest.gov.uk/schoolmeals](http://www.walthamforest.gov.uk/schoolmeals) or call  
Waltham Forest Direct on 020 8496 3000.

