

# September

## CHICKEN PASTA WITH LEEKS AND PEAS

Savour the delights of September.

**Cook an easy one pot meal, that children will love!**



Leeks are readily available in September.

Leeks pack a powerful punch of folate a crucial B vitamin for cell growth and development. Leeks are superheroes for your digestive system as they are rich in fibre.

### RECIPE INGREDIENTS

#### Serves 4

1 medium onion or 2 medium leeks (150g)  
3.5 cups of Pasta, any shape (350g)  
8 tablespoons Frozen Peas (175g)  
3 medium chicken breasts, chopped

1 tablespoon Low Fat Yoghurt (30g)  
1 tablespoon Parsley, chopped (5g)  
1 tablespoon Vegetable Oil, Rapeseed or Olive (10mls)  
Pinch Ground Black Pepper

### COOKING INSTRUCTION AND TIPS

1. If using Leeks, clean them well by slicing down the middle and running under water to remove any grit trapped in between leaves and then chop. If using onion chop into small chunks.
2. Add the chopped chicken to a large frying pan with the oil and cook on a medium heat until golden (3-5 mins).
3. Add the leeks or onion and cook with the chicken until golden.
4. Bring a large pot of water to the boil and add pasta, cook for 10 to 12 minutes or according to instructions on the packet.
5. About 2 minutes before pasta is done, add the peas to the water to cook.
6. Drain the pasta and peas in a colander and return to the pan, add the leeks or onion, chopped chicken, parsley, yoghurt, and pepper, stir well before serving into bowls.

**For children under 1 year of age:** for infants requiring pureed or mashed texture the pasta meal can be blended or fork mashed.



**Serving Suggestions:** Try wholemeal pasta to increase fibre content, it will take a little longer to cook. This recipe makes a satisfying lunch or dinner time option.

**Tips:** If you want to add a little heat stir in a tablespoon of horseradish sauce. There are lots of ways to cook leeks including sauteing, roasting, and grilling. They add an explosion of flavour to soups, stews, and salads.


**Food Labelling and Allergen Information**

EU Label values per 100g				
	PER 100G	%RI	PER SERVING	%RI
Energy(kJ)	<b>589</b> kJ	7%	<b>1847</b> kJ	22%
Energy(kcal)	<b>139</b> kcal	7%	<b>437</b> kcal	22%
Fat	<b>1.9</b> g	3%	<b>6.1</b> g	9%
<i>of which saturates</i>	<b>0.4</b> g	2%	<b>1.2</b> g	6%
Carbohydrate	<b>21</b> g	8%	<b>67</b> g	26%
<i>of which sugars</i>	<b>2</b> g	2%	<b>6.2</b> g	7%
Fibre	<b>2.1</b> g	8%	<b>6.7</b> g	27%
Protein	<b>8.1</b> g	16%	<b>26</b> g	52%
Salt	<b>0.03</b> g	1%	<b>0.09</b> g	2%

CONTAINS:	
	
WHEAT	MILK

MAY CONTAIN:	
	
EGGS	