



Recipe for the term

Mrs Gillespie, our school cook, says that Chicken Fricassee with rice is a favourite of the children at lunch time.

The amounts given here should make about 6 portions.

Chicken

1lb of uncooked chicken pieces

2oz peas

4oz carrots

(or use 6oz of mixed frozen veg)

Sauce

1oz margarine

1oz flour

1 pint milk or stock

Rice

8 oz long grain rice

Method

1. Place the chicken in a saucepan and cover with water.
Simmer gently until cooked.
2. Cook the vegetables.
3. Drain the chicken reserving the stock to make the white sauce.
4. Make sauce and add vegetables whilst rice is cooking.
5. Put chicken in sauce.
6. Serve with portion of rice.

Note: chicken can be replaced with Quorn.