

HEALTHY EATING WEEK

11th-15th June

If you are taking part in the BNF Healthy Eating Week – why not use our recipes as inspiration to promote and support eating healthily and being active?

Jerk Chicken Bean Curry

Everyday Favourites Extended Life Vegetable Oil	50ml
Onion	150g
Knorr Professional Ginger Puree	50g
Coriander	50g
Farmstead Chicken Breast Fillet (Skinless 150-180g)	450g
Knorr Jamaican Jerk Paste	50g
Everyday Favourites Chopped Tomatoes	400g
Dufrais Red Wine Vinegar	50ml
Tate & Lyle Granulated Sugar	40g
Everyday Favourites Chicken Bouillon Mix	1500ml
Sweet Potato	1kg
Triple Lion Black Eyed Beans	400g
Pepper	200g
Everyday Favourites Choice Peas	250g

METHOD:

1. Heat the oil in a pan then gently fry the onion until tender. Add the ginger and coriander and cook for two minutes.
2. Fold through the chicken and jerk paste and cook for two minutes.
3. Add the tomatoes, vinegar, and sugar. Allow to cook for a few minutes.
4. Make the stock up and add to pan.
5. Add the diced potatoes and beans and allow to simmer for 30 minutes until chicken is tender and sauce has reduced.
6. Once potatoes are cooked, add the peas and cook for 2 minutes.
7. Serve.



HEALTHY EATING WEEK

11th-15th June

**Fuel yourself for
the rest of the day
with our healthy
meal choice!**

HEALTHY EATING WEEK

11th-15th June

**Fuel yourself for
the rest of the day
with our healthy
meal choice!**