

# EAT THEM TO DEFEAT THEM

## Chicken and Sweetcorn Carbonara

*This delicious dish is on our current Spring/Summer Primary Menu.  
The sweetcorn works really well with the creamy sauce and pasta!*

**Serves 4**

### Ingredients

300g	Chicken Breast – diced
2g	Garlic Puree
75g	White Onion – finely diced
100g	Frozen Sweetcorn - defrosted
250ml	Vegetable Stock
250ml	Semi Skimmed Milk
20g	Margarine
20g	Plain Flour
Pinch	Ground White Pepper
100g	Pasta Twists
100g	Wholemeal Pasta Twists

### Method

1. Cook the diced chicken in a pan on a moderate heat until cooked through.
2. Boil the pasta as per packet instructions.
3. Meanwhile melt the margarine in a pan and add the onions and garlic puree and gently cook for 5 minutes.
4. Add the flour to the margarine, onions and garlic to make a roux and cook out the flour for a few minutes. Slowly add the stock and milk, stirring at all times.
5. Season the sauce with white pepper and add the sweetcorn followed by the chicken and bring back up to temperature.
6. Served mixed with the hot pasta and side vegetable of your choice.

SUNSHINE  
MAKES THEM  
STRONGER

