Chicken Pockets with Carrots



Soft, hand-held chicken pockets filled with a savoury chicken and veggie mix, served with tender carrots. Dairy-free, egg-free and perfect for little hands!

MAKES
6 POCKETS
(6 toddler portions)

PREP TIME
20 minutes

COOKING TIME
20–25 minutes

FREEZER FRIENDLY
Yes
(up to 2 months)

Ingredients

- **300 g cooked chicken** (shreddled)
- **2 carrots** (± 150 g, finely diced or grated)
- **1 courgette** (± 150 g, grated)
- **1 small onion** (± 2 tbsp, finely chopped)
- **6 medium wraps** (plain, dairy-free)
- **1 tbsp olive oil** (plus a little for cooking)
- **1 tsp dried mixed herbs** (e.g. oregano, thyme)
- **Salt and pepper** to taste

Method

1. Heat the olive oil in a pan and sauté the onion for 2–3 minutes until soft.
2. Add the carrots and courgette. Cook for about 5 minutes until tender.
3. Stir in the shredded chicken, herbs, salt and pepper. Cook for another 2–3 minutes. Allow to cool slightly.
4. Cut the wraps in half (or use whole wraps) and spoon a small amount of filling onto one half.
5. Fold over to make a pocket and press the edges with a fork to seal.
6. Place on a lined baking tray and bake at 200°C for 15–20 minutes, until golden and warmed through.
7. Steam or boil extra carrots until tender (about 5–8 minutes) and serve on the side.

Portion guide
(per child)

1 chicken pocket
+ 100 ml carrots
(± 250 ml total)

