

## Chicken and vegetable ragout with rice

Portion size: 1 cup per child

Ingredients (include brand)	Portions:	40	50	60	70	80	90	100	Common allergens in the ingredients	Common allergens in the Precautionary Allergen Labelling (PAL) statement
	Unit	Quantity								
Chicken breast (Ingham's)	Kg	2.0	2.5	3.0	3.5	4.0	4.5	5.0		
Plain flour (White Wings)	Kg	0.2	0.3	0.3	0.4	0.4	0.5	0.5	Wheat	
Carrot (diced)	Kg	1.0	1.3	1.5	1.8	2.0	2.3	2.5		
Broccoli (florets)	Kg	0.5	0.6	0.8	0.9	1.0	1.1	1.3		
Frozen spinach (Bird's eye chopped spinach) thawed	750 Kg	0.3	0.4	0.5	0.5	0.6	0.7	0.8		
Garlic	250g	0.3	0.4	0.5	0.5	0.6	0.7	0.8		
Onion (diced)	Kg	0.5	0.6	0.8	0.9	1.0	1.1	1.3		
Pumpkin (cubed)	Kg	1.5	1.9	2.3	2.6	3.0	3.4	3.8		
Stock (Campbell's real stock – chicken 1L)	1L	0.5	0.6	0.8	0.9	1.0	1.1	1.3		
Salt	Each	0.07	0.1	0.1	0.1	0.1	0.2	0.2		
Jasmine rice (Sunrice 1kg)	Kg	1.0	1.3	1.5	1.8	2.0	2.3	2.5		
Tinned tomatoes (Ardmona 800g)	800g	2.00	2.5	3.0	3.5	4.0	4.5	5.0		
Margarine (MeadowLea Original Spread 1kg)	Kg	0.2	0.3	0.3	0.4	0.4	0.5	0.5	Milk (dairy), soy	

## Procedure

**Step 1:** Heat a pan and add the margarine. Allow to melt, before adding the chicken to brown.

**Step 2:** When browned all over lower the heat and add the chopped onion, pumpkin, carrot and garlic. Cook gently until they soften.

**Step 3:** Add the flour and continue to cook for a few minutes without colour.

**Step 4:** Add the chopped tomatoes increasing the heat and keep stirring until well incorporated. The sauce will thicken.

**Step 5:** Add the stock and continue to stir while the sauce thickens. When the sauce is ready, cover and simmer for 20 mins stirring occasionally.

## National Allergy Council - Standardised recipe for bulk quantities (sample)

**Step 6:** Add the defrosted spinach and heat in the sauce until hot.

**Step 7:** Boil a saucepan of water and add the rice. Bring back to the boil and then simmer gently until the rice grains are tender – about 10 minutes.

**Step 8:** Drain the rice in a sieve and allow to stand for a couple of minutes and serve with the chicken.

### Summary of common food allergens

Tick the Contains box if the ingredient is present as an ingredient. Tick the PAL statement box if the ingredient has a PAL statement. If neither applies, leave the checkbox blank:

<b>Milk (dairy)</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Sesame</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Wheat</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Egg</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Lupin</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Barley</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Fish</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Peanut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Oats</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Crustacean</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Soy</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Rye</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Mollusc</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement		<b>Gluten</b> <input checked="" type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Tree nuts</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement		

Complete for individual tree nuts if information is available:

<b>Almond</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Hazelnut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Pine nut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Brazil nut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Macadamia</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Pistachio</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement
<b>Cashew</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Pecan</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement	<b>Walnut</b> <input type="checkbox"/> Contains <input type="checkbox"/> PAL statement

**Name:** Shelley Watts

**Role:** Cook in charge

**Signed:** 

**Date:** 29/05/22