



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 present	Ingredient substitution options
	Unit	Quantity								
Chicken breast (Ingham's)	Kg	2.0	2.5	3.0	3.5	4.0	4.5	5.0		
Flour (White Wings)	Kg	0.2	0.3	0.3	0.4	0.4	0.5	0.5	Wheat	White Wings Gluten free plain flour
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		
Rice (Homebrand jasmine rice 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	Nuttelex polyunsaturated margarine spread

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.



National Allergy Strategy - Standardised recipe (example)

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.
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.

Common allergens present: [tick all allergens present]

- | | | | | | | |
|--|-------------------------------------|---|-------------------------------------|------------------------------------|---------------------------------|-----------------------------------|
| <input checked="" type="checkbox"/> Milk (dairy) | <input type="checkbox"/> Egg | <input type="checkbox"/> Fish | <input type="checkbox"/> Crustacean | <input type="checkbox"/> Mollusc | <input type="checkbox"/> Sesame | <input type="checkbox"/> Lupin |
| <input checked="" type="checkbox"/> Soy | <input type="checkbox"/> Peanut | <input checked="" type="checkbox"/> Wheat | <input type="checkbox"/> Barley | <input type="checkbox"/> Oats | <input type="checkbox"/> Rye | <input type="checkbox"/> Gluten |
| Tree nuts: | | | | | | |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Brazil nut | <input type="checkbox"/> Cashew | <input type="checkbox"/> Hazelnut | <input type="checkbox"/> Macadamia | <input type="checkbox"/> Pecan | <input type="checkbox"/> Pine nut |
| <input type="checkbox"/> Pistachio | <input type="checkbox"/> Walnut | | | | | |

Name: Shelley Watts	Role: Cook in charge
Signed:	Date: 08/05/21