



Chicken and rice (camp)



Serves: 50

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Free flow chicken (Inghams)	2.5	Kg (50g/portion)		
Jasmine rice	5	Kg uncooked		
Ginger	50	g		
Garlic	50	g		
Lemongrass	1	bunch		
Spring onions (finely sliced)	1	bunch		
Peas (frozen)	1	Kg		
Carrot (finely diced)	1	Kg		
Capsicum (finely diced)	1	Kg		
Mushrooms (finely sliced)	1	Kg		
Snow peas	500	g		
Bean sprouts	500	g		
Coriander (finely washed and roughly chopped)	1	bunch		

Procedure

- Step 1: Measure rice and place in large sieve, wash well to remove starch. Drain.
- Step 2: Place rice in gastronorm trays with BOILING water at ratio – 1 part rice to 1.3 parts water.
- Step 3: Cover tray with foil and cook in Combi at 180°C with 100% humidity for 18 minutes.
- Step 4: Place peas on perforated tray, with full tray under and steam for 5-10 minutes to defrost.
- Step 5: Place chicken on gastronorm tray and steam for 5-10 minutes to defrost. Ensure chicken is +80C.
- Step 6: Take rice out of combi, do not unwrap foil and rest 5 minutes. Remove foil and separate rice grains with a kitchen spoon.
- Step 7: Meanwhile, fry lemongrass, garlic and ginger with capsicum and mushrooms for approx. 5-10 minutes.
- Step 8: Add chicken and peas and mix well.
- Step 9: Fold chicken mix through the rice and top with spring onions, snow peas, bean sprouts and coriander.

Common allergens present:

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|---------------------------------------|-------------------------------------|------------------------------------|-------------------------------------|------------------------------------|
| <input 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 type="checkbox"/> Soy | <input type="checkbox"/> Peanut | <input 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 | |