



## Chicken and rice (family)



**Serves:** 5-6

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Chicken breast or thigh fillets (you can purchase pre-sliced breast fillets)	500	g		
Jasmine rice (Sunrice)	2	Cups		
Ginger	10	g		
Garlic	1	clove		
Lemongrass	1	piece		
Spring onions (finely sliced)	1-2			
Peas (frozen)	150	g		
Carrot (finely diced)	1			
Capsicum (finely diced)	1			
Mushrooms (finely sliced)	150	g		
Snow peas	50	g		
Bean sprouts	50	g		
Coriander (finely washed and roughly chopped)	¼	bunch		

### Procedure

Step 1: Preheat oven to 180°C. Measure rice and rinse with water in large sieve. Drain water to remove starch; water should run through clear.

Step 2: After rinsing, place rice into deep baking tray and then add 4 cups of boiling water.

Step 3: Cover tray with foil and cook in oven for 20 minutes.

Step 4: Defrost peas in a microwave for 2 minutes or until steaming.

Step 5: If applicable, cube chicken breast into 1-2cmx1-2cm.

Step 6: Take rice out of oven and leave foil on for 5 mins. Remove foil and separate rice grains with a kitchen spoon.

Step 7: Meanwhile, in a separate pan or wok, fry lemongrass, garlic and ginger with capsicum and mushrooms for approx. 5-10 minutes.

Step 8: Add chicken and peas to pan or wok and mix well.

Step 9: Add the chicken and vegetable mix to the cooked rice and top with spring onions, snow peas, bean sprouts and coriander.

### Common allergens present:

<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	