



DORSET ROAD'S CHINESE CHICKEN & RICE

Meat main dish: This recipe provides a portion of starchy food and a portion of poultry. It counts towards the standards to provide a portion of starchy foods and a portion of meat, fish or non-dairy sources of protein each day.

Recipe adapted from: Eden Foodservice (dish created, developed and evaluated by pupils)

Ingredients

6g ground mixed spice
20ml vegetable oil
600ml chicken, diced
50g red onions, peeled, sliced thinly
100g carrots, peeled, sliced
100g peppers mixed, sliced
100g Savoy cabbage, sliced
100g courgettes, sliced
13.5ml reduced-salt soy sauce
350g white rice
2g (1 tsp) black pepper

Method

1. Mix the mixed spice with the oil and stir in the chicken and rest for about 30 minutes.
2. Cook the chicken in a lightly oiled pan.
3. After about 8-10 minutes add the onion and carrots and cook for a further 2 minutes.
4. Add the peppers, cabbage, courgettes and soy sauce.
5. Cook until the chicken is fully cooked and reaches the required core temperature.
6. Boil or steam the rice according the manufacturer's instructions.
7. Serve the rice next to the chicken mixture.

Serving suggestion: Serve with a seasonal side salad.



Number of portions this recipe makes:

10 primary servings (190g)
7 secondary servings (270g)



Prep: 15 minutes
Cook: 25 minutes



Allergy information:

Soya, wheat (gluten)



Top Tips

Use brown rice to count towards the standard to provide a wholegrain starchy food each week.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.