

Chicken Rice Bowl

INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Paprika	18 g	22 g	25 g
Garlic salt	8 g	9 g	11 g
Black pepper	8 g	9 g	11 g
Canola Oil	20 ml	25 ml	30 ml
Chicken tenderloins	800 g	1000 g	1150 g
White rice	400 g	500 g	570 g
Corn kernels	100 g	125 g	145 g
Red capsicum, whole	0.6 pieces	0.7 pieces	0.8 pieces
Carrot, grated	100 g	125 g	145 g
Lettuce (whole - approx 570g)	0.2 lettuce	0.25 lettuce	0.3 lettuce
Avocado pulp (thawed)	100 g	125 g	145 g
Sour cream	100 g	125 g	145 g

DIRECTIONS

1. Preheat oven to 180 degrees Celsius.
2. Cook rice following packet instructions.
3. Mix paprika, garlic salt, pepper and oil to make a paste.
4. Cover the chicken in the paste and lay coated chicken on a baking tray.
5. Bake in oven for 20-25 minutes until chicken is cooked through.
6. Prepare vegetables - cook and drain corn, core and dice capsicum, shred lettuce and mash thawed avocado pulp until smooth..
7. Remove chicken from oven. Rest for 5 minutes and slice, ready for serving.
8. Place rice in bowl and lay chicken and vegetables on top with avocado and sour cream.

**SERVES 10
FOR EACH YEAR GROUP**

\$

COST PER SERVE

YRS 0-3: \$1.76

YRS 4-8: \$2.21

YRS 9+: \$2.52



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Healthy School Lunches Programme

Recipe Version 4.2
Published 19/02/26

Chicken Rice Bowl continued...

GILMOURS PRODUCT INFO

****products & pricing valid as at 19/2/26
and subject to change****

PRODUCT DESCRIPTION	PACK SIZE	PRICE
GILMOURS PAPRIKA POWDER	500 G	\$5.77
GILMOURS SALT GARLIC	500 G	\$3.82
GILMOURS PEPPER BLACK GROUND	500 G	\$10.42
VALUE CANOLA OIL	3 L	\$9.22
TEGEL FRESH CHICKEN TENDERLOINS	10 KG	\$130.51
VALUE RICE WHITE LONG GRAIN	10 KG	\$18.00
GILMOURS WHOLE KERNEL CORN	5 KG	\$20.45
CAPSICUM RED	EACH	\$2.32
FRESH CONNECTION GRATED CARROT	1 KG	\$5.46
LETTUCE	EACH	\$3.08
EDGELL AVOCADO PULP FROZEN	454 G	\$9.68
ANCHOR SOUR CREAM ORIGINAL	4 KG	\$29.73

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	229	287	328
Vegetables (g)	50	63	71
Protein Food (g)	56	70	80
Grain Food & Starchy Veg (g)	108	135	154

RECIPE TIPS

- Choose a variety of seasonal vegetables that suit your students.
- Adjust the quantity and type of spices used to suit students' taste buds.
- Experiment with seasoning the avocado pulp e.g. adding salt, pepper and/or lemon juice.
- Save time by buying pre-prepared vegetables.
- Hold sliced chicken in a 70 degree oven while plating to keep chicken warm for service.
- Save time plating with less actions by combining avocado & sour cream and/or mixing all or some salad vegetables together.

PORTIONING GUIDANCE

Weigh out reference plates for each meal size to guide portioning. For the chicken, weigh out a reference amount for each age group and follow the example visually.

YRS 0-3: About 1/2 cup of rice (approx 100g), 55g of cooked chicken, 1 tablespoon of each vegetable, and a teaspoon of sour cream and avocado.

YRS 4-8: About 3/4 cup of rice (approx 135g), 70g of cooked chicken, 1 heaped tablespoon of each vegetable, and a heaped teaspoon of sour cream and avocado.

YRS 9+: Just under 1 cup of rice (approx 160g), 80g of cooked chicken with 1.5 tablespoons of each vegetable, and a tablespoon of sour cream and avocado.

SPECIAL DIET SUBSTITUTION IDEAS

Vegetarian: Plant-based tender

Vegan: Plant-based tender (or edamame beans) and replace sour cream with plant-based alternative

Gluten-free: Ensure all ingredients are GF

Dairy-free: Replace sour cream with dairy-free option

Halal: Halal-certified chicken and sour cream