

Chicken noodles



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Canola oil	24ml	33ml	40ml
Onion, diced	190g	265g	330g
Capsicum, diced	285g	400g	500g
Frozen mixed vegetables	285g	400g	500g
Garlic, crushed	12g	17g	21g
Ginger, crushed	12g	17g	21g
Soy sauce	14ml	20ml	25ml
Teriyaki sauce	29g	40g	50g
Lemon juice	14ml	20ml	25ml
Thai red curry paste	7g	10g	13g
Chicken, cooked and sliced	355g	500g	625g
Dry noodles	285g	400g	500g

Directions

1. Heat oil in a large pot.
2. Add onion to the oil and cook until soft.
3. Add capsicum and frozen mixed vegetables and continue to cook until the vegetables are hot.
4. Mix garlic, ginger, soy sauce, teriyaki sauce, lemon juice and red curry paste and add to vegetables.
5. Add shredded cooked chicken to vegetables, continue cooking for 5 minutes or until chicken is hot (75 degrees Celsius).
6. Bring a large pot of water to a boil.
7. Add noodles to the boiling water and cook until just soft (approx. 8 minutes).
8. Drain noodles and cut into smaller pieces using scissors.
9. Add noodles to the vegetable and chicken mixture and mix thoroughly before serving.



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Chicken noodles continued...

Special diet substitution ideas

Vegetarian:

- Replace chicken with tofu, serve 20g more per serve.

Vegan:

- Replace chicken with tofu, serve 20g more per serve.

Halal:

- Use certified halal chicken.

Egg:

- Use egg-free noodles or pasta.

Soy:

- Replace soy sauce and teriyaki sauce with coconut aminos sauce.

Gluten (wheat):

- Use wheat/gluten-free soy sauce, ensure teriyaki sauce is wheat/gluten-free. Use rice noodles instead of wheat-based noodles.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	Serve about 190g	Serve about 266g	Serve about 332g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	190	266	332
Vegetables (g)	67	93	117
Protein food (g)	36	50	63
Grain food and starchy vegetables (g)	79	110	138

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Value canola oil	3L
SB onion diced	1kg
SB capsicum red diced	1kg
Gilmours mixed vegetables	2kg
Gilmours garlic crushed in oil	1kg
Gilmours crushed ginger	1kg
Lee Kum Kee sauce soy premium	1.75L
Lee Kum Kee teriyaki sauce	2.3kg
Gilmours lemon juice	2L
Cock Brand Thai curry paste red	500g
Tegel chicken shredded classic roast	1kg
Highmark ribbon egg noodles	1kg

Allergens



egg, soy, gluten (wheat).

***Disclaimer:** Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.*

Tips



- Mix the noodles with the other ingredients as soon as possible after draining to avoid them getting stuck together.
- Any other noodles can be used instead of those stated.