

Chicken rice bowl



Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Paprika	18g	22g	25g
Garlic salt	8g	9g	11g
Black pepper	8g	9g	11g
Canola oil	20ml	25ml	30ml
Chicken tenderloins	800g	1kg	1150g
White rice	400g	500g	570g
Corn kernels	100g	125g	145g
Red capsicum, whole	0.6 each	0.7 each	0.8 each
Carrot, grated	100g	125g	145g
Lettuce, whole (approx. 570g)	0.2 each	0.25 each	0.3 each
Avocado pulp, thawed	100g	125g	145g
Sour cream	100g	125g	145g

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.



Chicken rice bowl continued...

Special diet substitution ideas

Vegetarian:

- Use a plant-based tender.

Vegan:

- Use a plant-based tender (or edamame beans) and replace sour cream with plant-based alternative.

Dairy:

- Replace sour cream with dairy-free option.

Halal:

- Use halal certified chicken. Use gelatine-free sour cream.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Rice	½ cup	¾ cup	1 cup
Cooked chicken	55g	70g	80g
Each vegetable	1 Tbsp	1 heaped Tbsp	1 ½ Tbsp
Sour cream	1 tsp	1 heaped tsp	1 Tbsp
Avocado	1 tsp	1 heaped tsp	1 Tbsp

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	299g	287g	328g
Vegetables (g)	50g	63g	71g
Protein food (g)	56g	70g	80g
Grain food and starchy vegetables (g)	108g	135g	154g

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Gilmours paprika powder	500g
Gilmours salt garlic	500g
Gilmours pepper black ground	500g
Value canola oil	3L
Tegel fresh chicken tenderloins	10kg
Value rice white long grain	10kg
Gilmours whole kernel corn	5kg
Capsicum red	Each
Fresh Connection grated carrot	1kg
Lettuce	Each
Edgell avocado pulp frozen	454g
Anchor sour cream original	4kg

Allergens



dairy.

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

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.