

Honey, soy and sesame chicken with vegetables and rice



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Basmati rice	335g	430g	545g
Chicken breast	470g	610g	770g
Sesame oil	17ml	21g	27ml
Sesame seeds	8g	11g	14g
Honey and soy marinade	185g	235g	300g
Corn kernels, frozen	280g	360g	455g
Peas, frozen	280g	360g	455g

Directions

1. Preheat oven to 200 degrees Celsius.
2. Cook rice following packet instructions.
3. Cut chicken into small cubes.
4. Place chicken, sesame oil, sesame seeds and honey and soy marinade in large roasting trays and mix to coat the chicken.
5. Cover chicken with tin foil.
6. Cook chicken in oven for approximately 30 minutes or until the chicken has reached an internal temperature of at least 75 degrees Celsius.
7. Bring a large pot of water to a boil and cook the peas and corn until cooked, then drain.
8. Serve rice, chicken and vegetables as described below.



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Honey, soy and sesame chicken with vegetables and rice continued...

Special diet substitution ideas

Vegetarian:

- Replace chicken with firm tofu. Serve 20g more per portion.

Vegan:

- Replace chicken with firm tofu. Serve 20g more per portion.

Halal:

- Make sure chicken is certified halal.

Sesame:

- Omit sesame oil and sesame seeds.

Soy:

- Omit honey and soy sauce and replace with soy-free alternative sauce.

Gluten (wheat):

- Omit honey and soy sauce and replace with gluten-free alternative sauce.

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	90g	116g	147g
Chicken and sauce	51g	65g	83g
Vegetables	52g	67g	85g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	193g	248g	316g
Vegetables (g)	52g	67g	85g
Protein food (g)	32g	41g	52g
Grain food and starchy vegetables (g)	90g	116g	147g

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Pams rice basmati	5kg
Tegel fresh chicken bresat	10kg
Doree 100% pure sesame oil	5L
Gilmours sesame seeds	500g
Masterfoods soy, honey & garlic marinade	375g
Gilmours whole kernel corn	5kg
Gilmours peas garden	5kg

Allergens



sesame, soy, gluten (wheat).

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

Tips



- Use any other non-starchy vegetables your ākonga prefer, such as broccoli, carrots or green leafy vegetables.