

Chicken Fried Rice

This China influenced dish provides a great source of meat and vegetable requirements for children. Chicken Fried Rice is always a delicious winner and so easy to change with seasonal vegetables.



Influence: China



Serves 10 children



45 minutes

INGREDIENTS

Rice, dry 200g (1 C)
 Oil, vegetable 30ml (1 ½ T)
 Egg, beaten 120g (2 eggs)
 Onion, diced 180g (2 medium)
 Garlic, crushed 10g (2 cloves)
 Celery, chopped 40 g (1 medium stick)
 Ginger, chopped 6g (2 t)
 Chicken breast, skinless, diced 250g (1 large fillet)
 Mixed veg, frozen (peas, corn, carrot) 300g (2 C)
 Mushrooms, chopped 60g (5 medium)
 Soy sauce, light 20ml (2 T)

DIRECTIONS

1. Cook rice as per packet instructions.
2. Heat 10ml oil in fry pan, beat egg and add to the oil. Scramble and remove egg from fry pan. Set aside.
3. Heat 20ml oil in fry pan. Add onion, garlic, celery and ginger and fry until onion and celery are soft.
4. Add chicken and cook a further 5-8 minutes until brown.
5. Add the frozen vegetables, mushrooms and soy sauce. Add a small amount of water if required.
6. Add cooked rice and stir through.
7. Add broken up scrambled egg and mix through.
8. Serve.

Allergy Information

Contains: egg, soy, wheat, gluten (in soy sauce).

Childcare RDI Calculator:

Fat	<div></div>	60 %
Vegetables	<div></div>	80 %
Meat/Alt*	<div></div>	70 %
Cereals	<div></div>	70 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services