

Tropical Chicken Fried Rice

OSHC

Food Foundations



Serves: 20

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 12 cups cooked and cooled basmati rice
- 2 tablespoons vegetable oil
- 1kg chicken breast, diced
- 1 bunch shallots, thinly sliced
- 2 tablespoons minced garlic
- 1½ tablespoons minced ginger
- 500g frozen peas
- 2 red capsicums, finely diced
- 400g tinned corn, no added salt, drained and rinsed
- 800g tinned pineapple chunks in juice, drained
- 2 tablespoons soy sauce
- 2 teaspoons fish sauce
- 250g cherry tomatoes, halved

Method

1. Cook the basmati rice according to packet instructions. Cool completely.
2. Heat 1 tablespoon of vegetable oil in a large frypan or wok over a medium-high heat.
3. Cook the chicken for 3 – 4 minutes or until cooked through. Remove the chicken from the pan and place into a clean bowl.
4. Heat the remaining vegetable oil in the same frypan or wok. Add in the shallots, minced garlic and minced ginger and cook for 1 – 2 minutes or until fragrant.
5. Add in the frozen peas and red capsicum and cook for 3 – 4 minutes or until softened.
6. Add in the cooked and cooled basmati rice, cooked chicken, tinned corn, tinned pineapple, soy sauce and fish sauce. Stir fry for 4 – 5 minutes until heated through. Stir through cherry tomatoes.
7. Provide children with serving spoons so they can self-serve one meal at a time.

Recipe Notes:

Cooked rice is a high-risk food. Ensure that it is prepared and handled safely, that leftovers are used within 2-3 days and that the salad is cooled and stored in the fridge <5°C. Fresh corn can be used in the place of tinned corn.

| Food Group | Serves provided per portion |
|----------------------------|-----------------------------|
| Vegetables | 1.1 |
| Fruit | 0.3 |
| Grain foods | 1.2 |
| Lean meat and alternatives | 0.5 |
| Milk, yoghurt and cheese | 0 |

Nutrition Australia Qld | www.naqlid.org

12/212 Curtin Avenue West, Eagle Farm, 4009 | ph (07) 3257 4393 fax (07) 3257 4616

©Copyright 2020. The Australian Nutrition Foundation (Qld. Div.) Inc t/a NAQ Nutrition All rights reserved

Key: [ACNAS](#) [Food Foundations](#) [OSHC](#) [Food Smart Schools](#) [Healthy at Home/Work](#)