

Ingredients

Serves: 20

- 12 cups cooked and cooled basmati rice
- 2 tbsp vegetable oil
- 1kg chicken breast, diced
- 1 bunch shallots, thinly sliced
- 2 tbsp minced garlic
- 1.5 tbsp minced ginger
- 500g frozen peas
- 2 red capsicums, finely diced
- 400g tinned corn, drained and rinsed
- 800g tinned pineapple in juice, drained
- 2 tbsp soy sauce
- 2 tsp fish sauce
- 250g cherry tomatoes, halved



Method

1. Cook and cool rice according to packet instructions.
2. Heat 1 tbsp oil to a medium-high heat in a large frypan or wok. Cook chicken for 3-4 minutes until cooked through. Remove chicken from pan into a clean bowl.
3. Heat remaining oil to a medium-high heat in the same pan the chicken was cooked in. Add shallots, garlic and ginger and cook for 1-2 minutes.
4. Add in frozen peas, and capsicum and cook for 3-4 minutes until softened.
5. Add the rice, cooked chicken, pineapple, tinned corn, soy sauce and fish sauce to the pan. Stir fry for 4-5 minutes until heated through. Stir through tomatoes.
6. Provide children with serving spoons so they can self-serve at the meal time.

Note

- *Cooked rice is a high risk food – make sure it is prepared and handled safely. Use within 2-3 days.*

Food Group	Serves provided per portion
Vegetables	1.1
Fruit	0.25
Lean meats and legumes	0.5
Grain foods	1.2