Nutrition for Outside School Hours Care • another NAQ Nutrition program

This versatile vegie packed chicken dish can be served with rice, or as a filling for tortillas or lettuce cups. It is oven baked, so once all the ingredients are combined it is largely a hands-off recipe.

Ingredients

Nutrition Australia Qld

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Serves 30

- 1.5kg boneless skinless chicken breast, diced
- 4 cups finely shredded cabbage or coleslaw mix (without dressing)
- 800g sliced mushrooms
- 2.5 tablespoons cornflour
- 1/3 cup brown sugar
- ½ cup salt reduced soy sauce
- ¹/₂ cup hoisin sauce
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons crushed garlic
- 1 teaspoon ground ginger
- Served with cooked rice or in tortillas

Method

- 1. Preheat oven to 200 degrees celsius.
- 2. Spray a large baking dish with cooking spray and set aside.
- 3. Place diced chicken in a large Ziploc bag. Sprinkle the cornflour into the bag, seal the bag, and toss to coat the chicken pieces. Place chicken into the prepared baking dish.
- 4. Add cabbage and mushrooms, toss to combine.
- 5. In a separate bowl, whisk together brown sugar, soy sauce, hoisin sauce, rice vinegar, sesame oil, salt, garlic, and ginger. Pour sauce into dish and stir.
- 6. Bake, uncovered, for 30 minutes, stirring twice during the cooking time.
- 7. Remove from the oven with the chicken is cooked through and the sauce has thickened. Season taste. Garnish with sliced green onions, sesame seeds, and an extra drizzle of hoisin sauce, if desired.
- 8. Serve with tortillas, on top of rice or in lettuce wraps.



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