

# Poke bowl

Food Foundations • another NAQ Nutrition program

## Ingredients

### Serves: 40

- 10 cups uncooked rice
- 2kg chicken breast, diced
- 125mL teriyaki marinade
- 6 x carrot, julienne or shredded
- 5 x cucumber, diced
- 750g cherry tomatoes, halved
- 2 x Avocado, diced
- 500g edamame beans
- 1 x packet nori sheets
- 1 x bunch coriander
- Soy sauce, to serve

## Method:

1. Combine chicken with teriyaki marinade in a bowl. Cover and refrigerate for 30 minutes.
2. Cook rice according to packet directions and allow to cool. Divide rice into a bowl for each room.
3. Prepare fillings (carrot, cucumber, cherry tomatoes, avocado, and edamame beans) and arrange on platter for each room with tongs for serving.
4. Thinly slice nori and place in a small bowl on each platter.
5. Pick coriander leaves and place in a small bowl on each platter.
6. Heat a non stick pan and cook chicken for 5 minutes or until cooked through. Place chicken in bowls for each room with tongs for serving.
7. Allow children to self-serve rice, chicken, fillings and toppings. Provide soy sauce for serving.

Food Group	Serves provided per portion
Vegetables	1
Grain foods	1
Lean meats and legumes	0.5