

Serves 50

Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Inghams free flow chicken	2.5kg (50g/portion)		
Jasmine rice	5kg uncooked		
Ginger	50g		
Garlic	50g		
Lemongrass	1 bunch		
Spring onions, sliced finely	1 bunch		
Peas	1kg		
Carrot, finely diced	1kg		
Capsicum, finely diced	1kg		
Mushrooms, finely sliced	1kg		
Snow peas	500g		
Bean sprouts	500g		
Coriander, finely washed and roughly chopped	1 bunch		

Method

1. Measure rice and place in large sieve, wash well to remove starch. Drain.
2. Place rice in gastronorm trays with BOILING water at ratio – 1 part rice to 1.3 parts water.
3. Cover tray with foil and cook in Combi at 180C with 100% humidity for 18 minutes.
4. Place peas on perforated tray, with full tray under and steam for 5-10 minutes to defrost.
5. Place chicken on gastronorm tray and steam for 5-10 minutes to defrost. Ensure chicken is +80C.
6. Take rice out of combi, do not unwrap foil and rest 5 minutes. Remove foil and separate grains with a kitchen spoon.



7. Meanwhile, fry lemongrass, garlic and ginger with capsicum and mushrooms for approx. 5-10 minutes.
8. Add chicken and peas and mix well.
9. Fold chicken mix through the rice and top with spring onions, snow peas, bean sprouts and coriander.

Common allergens present:

Wheat

Gluten

Egg

Peanut

Tree nut

Cow's milk

Fish

Shellfish

Sesame

Soy

Lupin