



SUPPORTING SCHOOL COMMUNITIES TO THRIVE

Chicken Fried Rice

GREEN

Equipment

- Knife
- Chopping boards (for chicken and vegetables)
- Scales
- Measuring jug
- Mixing bowls
- Grater
- Kitchen thermometer
- Large saucepan or stock pot or rice cooker (for cooking rice)
- Large non-stick frypan or skillet (for cooking vegetables)
- Large saucepan or stock pot with a snug-fitting lid (for cooking chicken)

Ingredients

	10 serves	25 serves	50 serves
Poached chicken breast			
Chicken breast, raw	850 grams	2.125 kilograms	4.25 kilograms
Reduced salt soy sauce	70 millilitres	175 millilitres	350 millilitres
White vinegar	70 millilitres	175 millilitres	350 millilitres
Water	1.5 litres	3.75 litres	7.5 litres
Rice			
Long grain white rice, raw	550 grams	1.375 kilograms	2.75 kilograms
Fried rice			
Olive oil	As needed	As needed	As needed
Eggs, lightly beaten (optional)	5	13	25
Onion, diced	350 grams	875 grams	1.75 kilograms
Fresh ginger, peeled and grated [^]	8 grams	19 grams	38 grams
Garlic [^] , peeled and crushed or finely diced	15 grams (3 cloves)	40 grams (8 cloves)	80 grams (16 cloves)
Mixed vegetables*	725 grams	1.8 kilograms	3.6 kilograms
Reduced salt soy sauce	100 millilitres	250 millilitres	500 millilitres
Hoisin sauce	50 millilitres	125 millilitres	250 millilitres

Method

To poach chicken breast

- 1 Place the chicken breast in a saucepan or large pot and fill with enough cold water to fully submerge them. Add the soy sauce and white vinegar to the water.

- 2 Cover the pot with the lid and place over the heat until the water comes to the boil. Once the water is boiling, remove the pot from the heat.
- 3 Leave the pot covered with the lid and leave to sit for at least 20 minutes. To check that the chicken is cooked, insert a probe thermometer into the thickest part of each breast. It should read at least 75°C. Set aside to cool slightly.
- 3 When the chicken has cooled enough to handle, shred into small pieces.

To make the rice

- 4 Cook the rice according to packet instructions. Refrigerate rice until cooled or ready to use.

To make the fried rice

- 5 Heat the non-stick fry pan over a medium heat. Pour in the beaten eggs and tilt the pan as needed to evenly coat the base. Cook until set and transfer to a chopping board. Once cool enough to handle, slice into thin strips.
- 6 Return the fry pan to the stove over medium heat and add enough oil to lightly coat the bottom of the pan. Add the onion, garlic and ginger and cook for a couple of minutes, stirring frequently until the onions start to look transparent.
- 7 Add the vegetables and cook until they start to soften.
- 8 Add the rice to the pan and stir it through the vegetables.
- 9 Add the chicken, omelette, soy sauce and hoisin sauce and stir well to combine.

Notes

^Use jarred crushed ginger and garlic if fresh is not available.

*Capsicum, carrot, zucchini, mushrooms, peas and corn are great options for this dish. We encourage you to use a variety of different coloured vegetables and use what is in season and available to you.

Make vegetarian by omitting the chicken. Marinated and stir-fried tofu can be added as an option.