Lemon Chicken With Cauliflower & Silverbeet On Rice

KGAKL20270326 / NZ-0490 · Mild Weather · 10 children

INGREDIENTS

chicken breast · 550 g

rice (dry) · 230 g

cauliflower · 300 g

silverbeet · 300 g

lemon juice · 30 g

canola oil · 15 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative serving. Follow the measured ingredients.

PREPARATION

1. Prepare and cook vegetables and starch until fork-soft. For mash, peel and mash with a little drinking water.
2. Cook diced chicken with oil and the listed flavouring. Probe the thickest pieces and cook to 75°C for 30 seconds. Record the measured time and temperature for every poultry batch. Check for bones or gristle. Finely shred or mince as needed and moisten with cooked pan juices.
3. Serve warm over the starch or plate components separately. Adjust texture and portion size to each child's feeding plan.
4. Serve cooked rice promptly or hold it above 60°C. If chilling, use shallow batches. Cool 60°C to 21°C in under 2 hours, then to 5°C or colder in under 4 more hours. Record checks.

TOPPING IDEAS

Use a spoonful of cooked pan juices to keep the chicken moist.

CHEF'S PREP NOTE

Cook the sides while the chicken cooks. Set aside portions for texture adjustment.

NUTRITION BENEFITS

Chicken contributes protein. Vegetables add variety.

SERVING TEXTURES

Under twos eating solids: mash or finely chop to the individual feeding stage and moisten as needed. Ages two to five: serve small, soft pieces. Check all chicken for bones and gristle. Seat and supervise children while eating.

HOW TO PLATE IT

Plate the soft starch, protein and vegetables separately where practical. Adjust portions to individual feeding plans.

ALLERGEN CHECK

Check individual ingredient labels; verify all product labels, substitutions and each child's allergy plan. Prevent cross-contact and keep raw and ready-to-eat food separate.

STORAGE TIPS

Keep chilled food at 5°C or colder. Record food served and substitutions.

EQUIPMENT NEEDED

Rice cooker or saucepan, steamer, frying pan and probe thermometer.

FOOD HANDLING GUIDANCE

Follow the centre's food safety plan. Refer to the linked MPI guidance on the full recipe page.

Approx. preparation and cooking: 45–60 min including an extra 10-minute serving allowance. Timing is an estimate.

Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.