

LESS SALT AND SUGAR SCHOOL LUNCH BOX COOKING COMPETITION

FORM B1 - ENGLISH

GROUP NO.	G1
DISH NAME	Crispy Chicken Hash Browns with Tomato Sauce with Soft Roasted Pumpkin and Broccoli Fried Rice
DESIGN CONCEPT DESCRIPTION (30-40 words)	<p>-Enable elementary school students to try different foods, such as broccoli and pumpkin, so as to improve the bad habit of partial eclipse.</p> <p>-The lunch box uses different colors of food to match</p> <p>-Try to avoid frying the food, and use the simplest cooking method to bring out the most delicious taste</p> <p>-Hope to change the old concept of food for elementary school students, such as chicken breast is tasteless or broccoli is difficult to eat.</p>



RECIPE (for 3 servings)

INGREDIENTS	QUANTITY	SAUCE	QUANTITY
Rice	400g	Light soy sauce	1 tsp
Broccoli	150g	Dark soy sauce	1 tsp
Egg	two	Black pepper	½ tsp
Chicken breast	150g	Salt	3/4 tsp
Potato	120g	Corn Oil	3 tsp
Onion	100g	Sugar	½ tsp
Tomato	700g	Chopped green onion	15g
Lemon	half	Garlic	5g
Old pumpkin	400g	Bread crumbs	100g
Mushroom	Three		

PREPARATION & COOKING STEPS
Preparation
Soak the broccoli in salted water for 15 minutes, then dice the broccoli
Peel and wash the potatoes, dice them and cook them in hot water for 20 minutes, then press them with puree for later use.
chopped green onion, chopped chicken breast, chopped onion.
Remove the skin of the pumpkin, remove the pumpkin seeds, dice the pumpkin, smash the garlic and set aside.
Use a knife to make a cross on the buttocks of the tomatoes, blanch them in boiling water, and then peel them in ice water.
Minced garlic, diced tomatoes.
Stir three eggs separately (you can do it before fried rice)

Dice the mushrooms after soaking
Broccoli Fried Rice
Heat oil in a pan, add egg mixture and stir fry until solidified and set aside.
Leave the bottom oil in the pot, add the overnight rice, firstly flatten the rice and stir fry.
Add salt, stir fry broccoli, and finally add eggs, green onions, light soy sauce and dark soy sauce and stir fry over high heat.
Roasted Pumpkin
Half heat oil in a wok, add garlic and fry until fragrant, add pumpkin and fry over medium-low heat until fragrant.
After frying, add water to cover the pumpkin, boil over high heat, add salt, cover and cook for ten minutes.
Add an appropriate amount of cornstarch water to tighten the soup, and then, add a little chopped green onion.
Tomato juice
Put a little oil in the pan, then add the diced tomatoes.
Bring to a boil over medium heat, turn to low heat and cook until thickened.
Add the juice of half a lemon to test the acidity.
Add appropriate salt and black pepper to taste, and set aside.
Crispy Chicken Hash Browns
Minced onion, minced chicken breast, mashed potato, and diced mushrooms in a large bowl
Keep stirring, add an egg and some salt on the way.
Stir until it starts to twist, then add the right amount of oil.
Dip the chicken hash browns into egg (<i>mix well</i>) → breadcrumbs.
Secure the size with the round mold.
Put the prepared patties on the plate with butter paper, and put them in the oven at 200 degrees for about 20 minutes.
ADDITIONAL EQUIPMENT OR TOOLS REQUIRED: