

*Acknowledgment  
This recipe is developed by students of Chinese Culinary  
Institute (CCI), International Culinary Institute (ICI) and  
Institute of Vocational Education (IVE)*

# LESS SALT AND SUGAR SCHOOL LUNCH BOX COOKING COMPETITION

**FORM B1 - ENGLISH**

<b>GROUP NO.</b>	B7
<b>DISH NAME</b>	Pumpkin Chicken Breast with Mushroom Fettuccine
<b>DESIGN CONCEPT DESCRIPTION (30-40 words)</b>	When designing recipes, choose some foods that already have basic flavors, which can reduce the need for additional flavoring later, such as pumpkin and carrots, which have basic sweetness. Nutrients needed by children are included in the recipe, such as Starch, Protein, Iron, Vitamin A, C, Calcium and Fiber.

## RECIPE (for 3 servings)

INGREDIENTS	QUANTITY	SAUCE	QUANTITY
Mushroom	90 g	Salt	3/4 Teaspoons
Chicken Breast	210 g	Parsley	1/4 Teaspoons
Pumpkin	360 g	Corn Oil	2 Teaspoons
Onion	75 g		
Fettuccine	180 g		
Skimmed Milk	360 ml		
Baby Carrot	90 g		
Broccoli	90 g		



PREPARATION & COOKING STEPS
Main Course
1. Cut the pumpkin into pieces, then put it in the steamer and steam it.
2. Cut chicken breast into pieces and cut mushrooms and onion into slices.
3. In a large pot of salted boiling water cook fettuccine according to package directions.
4. Heat oil in the skillet. Add the chicken until just cooked through.
5. Then, add the mushroom and onion to fry together.
6. Add salt to taste.
7. Steamed pumpkin, add milk and squeeze into pumpkin puree.
8. Add the fettuccine and stir-fry a few times to coat each stick of fettuccine with the pumpkin puree.
9. Garnish the dish with parsley and serve.

Side Vegetables
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| 1. Cut the broccoli and baby carrot into boiling water and add oil and salt into the boiling water until just cooked through. |
| 2. Take out the broccoli and baby carrot.   |
| 3. Put the baby carrot into the skillet and then lightly fry to color.  |
| 4. Put the broccoli and baby carrot together.   |

<b>ADDITIONAL EQUIPMENT OR TOOLS REQUIRED:</b>
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Potato press, peeler
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