

LESS SALT AND SUGAR SCHOOL LUNCH BOX COOKING COMPETITION

FORM B1 - ENGLISH

GROUP NO.	B8
DISH NAME	RHAPSODY IN CHIMATO
DESIGN CONCEPT DESCRIPTION (30-40 words)	Human was visual animal, so that, our idea was design colorful shape to attract primary student. In addition, we will also follow the requirements of the Centre for Health Protection's nutritional guidelines for lunch of students. For primary school students, they pay attention to visually appealing to them.

RECIPE (for 3 servings)

INGREDIENTS	QUANTITY	SAUCE	QUANTITY
Chicken Thigh (without skin)	120g	Oregano (dried)	0.6g
Whole Grain Spaghetti	150g	Parsley (dry)	0.3g
Tomato	150g	Bay leaf	0.6g
Parmesan (low sodium)	15g	Thyme (dry)	0.6g
Carrot	90g	Clove powder	45g
Celery	45g	almond milk	a dash
Onion	15g	Tomato paste	4.5g
Potato	150g	corn oil	10g
Cabbage	30g		

PREPARATION & COOKING STEPS

1. Remove all ingredients and tools.
2. Boil the potatoes, put the washed potatoes in a pot with warm water and cook for 15-25 minutes over high heat.
3. Work on the chicken thighs to absorb excess water.
4. Peel carrot, celery and onion and cut into small pieces "6mm x 6mm".
5. Remove clean broccoli and cut into "2cm x 3mm".
6. Take 10 tomato sacs and cut the excess into "6mm x 6mm" pieces for tomato juice (grain).
7. First, preheat the oven to 180 degrees Celsius. Next, peel the cooked potatoes
 Flatten into mashed potatoes. Also, stir with an edible silicone spatula, add almond milk and cloves and fry until golden brown, add to the uncooked tomatoes. Bake for 15-30 seconds to dissolve cheese.
8. Boil the water first, put the dry noodles in the water and cook until soft. Add some tomato juice and stir.
9. First, the oil should be preheated, sauté the radish, and then add the celery. Second, add the onion and fry with all the ingredients, then add the tomato sauce, the sauce turns golden brown, add 30% water and tomatoes, and dissolve the tomatoes over low heat. Add bay leaf, thyme, oregano and parsley to 70% water. Finally, cook over medium heat for 15 minutes.
10. Preheat a wok with oil, cook the chicken thighs over medium heat, turn to low heat and cook until . Cooked and mixed into tomato juice.
11. Tomato juice and chicken buns, add broccoli and spaghetti to another part of the lunch box.

ADDITIONAL EQUIPMENT OR TOOLS REQUIRED:

Potato Press

