

LESS SALT AND SUGAR SCHOOL LUNCH BOX COOKING COMPETITION

FORM B1 - ENGLISH

GROUP NO.	A3
DISH NAME	Stir-fried Chicken Fillet with Assorted Vegetables
DESIGN CONCEPT DESCRIPTION (30-40 words)	Provide a balanced lunch for elementary school students, replenishing calcium, iron and vitamins A, B2 and C that are lacking in elementary school students, and making it healthy and tasty with less salt and less sugar.

RECIPE (For 3 servings)

INGREDIENTS	QUANTITY	SAUCE	QUANTITY
Dried mushroom	30g	Ginger	9g
King oyster mushroom	120g	Garlic	9g
Bell pepper	75g	Corn Oil	15g
Onion	60g	Salt	1.5g
Chicken	300g	White pepper	9g
		Oyster oil	15g
		Soy Low Sodium Sauce,Soy	12g
Wood ear	45g	Corn Oil	15g
Beech mushroom	90g	Sugar	2g
Carrot	45g	Sesame oil	6g
Yam	60g		
String bean	60g		



PREPARATION & COOKING STEPS**Stir-fried chicken with vegetables**

Step 1: Marinate the chicken in oyster sauce, soy sauce and salt for 15 minutes.

Step 2: Soak mushrooms for 15 minutes, then slice them, slice ginger and chop garlic. Wash and slice the abalone mushrooms and bell pepper, and cut the onion into strips.

Step 3: Heat oil in a wok and when the wok smokes, add the chicken to the wok and fry it until it breaks, then take it out and set aside.

Put oil in the pot, wait for the pot to smoke, add abalone mushrooms, bell peppers, onions, mushrooms, all stir-fried soft, then add the chicken together, then add the powdered water, cover the pot, cook for 5 minutes, then remove and plate.

New Assorted Vegetables

Step 1: Soak the wood ear for 15 minutes, and then drain it. Wash the wood ear, beech mushroom, carrot, and yam, string bean, then peel the carrot, yam, and remove the head and tail of string bean.

Step 2: Shred the wood ear, carrot, cut the yam into pieces, and finally cut the string beans and set aside.

Step 3: Put oil in the pot, wait for the pot to smoke, then add string bean, yam, carrot, beech mushroom, wood ear, in order to fry, add oil and water, cover the pot, cook for 5 minutes, then add sesame oil, then remove from the pot and dish up.

ADDITIONAL EQUIPMENT OR TOOLS REQUIRED: