

# LESS SALT AND SUGAR SCHOOL LUNCH BOX COOKING COMPETITION

**FORM B1 - ENGLISH**

<b>GROUP NO.</b>	B9
<b>DISH NAME</b>	Tomatoes curry with Chicken meat ball
<b>DESIGN CONCEPT DESCRIPTION (30-40 words)</b>	Increase students' appetite through curry, and hide vegetables that students don't like to eat in meat. and use vegetables of different colors in a lunch box

## RECIPE(for 3 servings)

INGREDIENTS	QUANTITY	SAUCE	QUANTITY
Chicken meat ball:		Tomatoes curry:	
Chicken Meat	200g	Onion	100g
Carrot	75g	Garlic	2 cloves
Onion	75g	Canned diced tomatoes	250g
Garlic	1 cloves	Cinnamon powder	½ teaspoon
Salt	¼ teaspoon	Coriander seed	½ teaspoon
Sweet paprika	½ tablespoon	Sweet paprika	½ teaspoon
Corn flour	1 tablespoon.	Cumin	½ teaspoon
egg	1 pc	Salt	1/8 teaspoon
Vegetable:		Olive oil	10g
Asparagus	150g		
Baking soda	1/8 teaspoon		
Salt	1/5teaspoon		
Cauliflower	150g		
Salt	1/5teaspoon		
Rice:			
Corn	200g		
Rice	400g		

### PREPARATION & COOKING STEPS

Chicken meat ball:
1. Cut the Carrot , Garlic and Onion to fine brunoise
2. Mix all ingredients, then roll it into a ball (20 g)
3. Pan fry the chicken meat ball
Vegetable:
1. Boil the asparagus with baking soda and salt until cooked

2. Boil the cauliflower with salt until cooked
3. Put them into the ice water, then drain
Rice:
1. boil the corn until cooked then drain
2. Mix the corn with rice
Sauce:
1. Grind the spices
2. Cut the onion to small dice
3. Cut the garlic to fine brunoise
4. Sauté the onion and garlic in olive oil until softened
5. Add the tomatoes and stir for a minute
6. Add the spices and salt
<b>ADDITIONAL EQUIPMENT OR TOOLS REQUIRED:</b>
mortar and pestle

