

Ayam Bakar with Brown Rice (serving 10pax)

Secondary School (per serving)

150gm Mix Brown Rice
70gm Skinless Grilled Chicken
50gm Green Vegetable with Carrot

Primary School (per serving)

75gm Mixed Brown Rice
70gm Skinless Grilled Chicken
50gm Green Vegetable with Carrot

Ingredient (Rice)

250gm Mix Brown Rice – Rinsed and drain
1.5litre Water (some used for chicken)

Ingredient (For Chicken)

1.2kg Skinless Chicken Boneless Thigh
70gm Kecap Manis
20gm Mince Garlic
10gm Mince Onion
15gm Coriander

Ingredient (For Vegetable)

400gm Green Vegetable – Rinse and drain
100gm Carrots – Sliced
Light soy sauce

Method

- 1) Cut chicken to required weight and put in bowl
- 2) Add all ingredients for chicken, add little water and mix well
- 3) Bake at 200Deg Cel. For 15 Min
- 4) Boil water in pot
- 5) Blanch Green Vege and Carrot
- 6) Drain and add little soy sauce