

Brown Rice Nasi Lemak with Baked Chicken (serving 10pax)

<u>Secondary School (per serving)</u> 150gm Mix Brown Rice 70gm Skinless Grilled Chicken 50gm Sayur Lodeh	<u>Primary School (per serving)</u> 75gm Mixed Brown Rice 70gm Skinless Grilled Chicken 50gm Sayur Lodeh
<u>Ingredient (Rice)</u> 100gm Mix Brown Rice – Rinsed and drain 400gm White Rice – Rinsed and drain 1.2litre Water ½ Teaspoon Salt 125gm Low Fat Coconut Milk 125gm Low Fat UHT Milk 5pc Pandan Leaves – Cleaned and rinsed 15ml Pandan essence squeezed from 50gm Pandan Leaf	
<u>Ingredient (For Chicken)</u> 1kg Skinless Chicken Boneless Thigh ½ Teaspoon Salt ½ Teaspoon Pepper 1Teaspoon Cooking Oil	
<u>Ingredient (For Vegetable)</u> 400gm Cabbage – cut to big chunks 100gm Carrots – Sliced 50gm Longbean 125gm Low Fat Coconut Milk 125gm Low Fat UHT Milk 2 Lime Leaf	
<u>Rempah (For Vegetable)</u> 10gm Ginger 10gm Galangal 10gm Belacan 100gm Shallots 2 Candlenut 3 cloves Garlic 3stalks Lemongrass 10 Dried Chilli 1 Teaspoon Turmeric 1Tablespoon Cooking Oil 400gm Water	<u>Nasi Lemak Chilli (All pounded and cook to paste)</u> 100gm cooking oil ½ Teaspoon Fine Salt 20gm Sugar 90gm Dry red Chilli – cut to smaller pieces, deseeded 350gm Shallots 10 cloves Garlic 15gm Belacan (shrimp paste) 35gm Assam pulp mix with 180gm water
<u>Method</u> 1) Steam rice as usual 2) Halfway through cooking the rice, add in coconut milk and pandan essence 3) Cut chicken to required weight and put in bowl 4) Add all ingredients for chicken, mix well and bake at 200Deg Cel. For 15 Min 5) Blend Rempah ingredients to semi fine paste 6) Heat pan and add Rempah and fry until fragrant 7) Add all vegetables into pan 8) Add coconut milk, water and lime leaf to rempah and bring to a boil	