

# CHICKEN, RICE AND VEGETABLE WRAP



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Rice has been the basis for ancient cultures and the main ingredient for iconic recipes such as paella, chaufa, risotto and sushi.

## Ingredients\*

| Steamed brown rice / servings               | one    | four   | ten    | formula % |
|---|--------|--------|--------|-----------|
| ● brown rice                                | 19 g   | 76 g   | 190 g  | 38.00     |
| ● water                                     | 30 ml  | 125 ml | 310 ml | 62.00     |
| Marinated chicken / servings                | one    | four   | ten    | formula % |
| ● fresh chicken breast, strips              | 125 g  | 500 g  | 1250 g | 93.60     |
| ● lemon juice                               | 5 ml   | 20 ml  | 50 ml  | 3.74      |
| ● honey                                     | 1.8 g  | 7 g    | 17.5 g | 1.31      |
| ● Dijon mustard, whole grain                | 1 g    | 4 g    | 10 g   | 0.75      |
| ● canola oil                                | 0.6 ml | 2.5 ml | 6.3 ml | 0.47      |
| ● onion, powder                             | 0.1 g  | 0.4 g  | 1 g    | 0.07      |
| ● black pepper, powder                      | 0.08 g | 0.3 g  | 0.75 g | 0.06      |
| Rice and vegetable mixture / servings       | one    | four   | ten    | formula % |
| ● steamed brown rice                        | 25 g   | 100 g  | 250 g  | 26.08     |
| ● squash/zucchini, strips                   | 25 g   | 100 g  | 250 g  | 26.08     |
| ● carrot, chopped and blanched 1 min        | 15 g   | 60 g   | 150 g  | 15.64     |
| ● broccoli, chopped and blanched 1 min      | 15 g   | 60 g   | 150 g  | 15.64     |
| ● onion, chopped                            | 15 g   | 60 g   | 150 g  | 15.64     |
| ● canola oil                                | 0.6 ml | 2.5 ml | 6.3 ml | 0.65      |
| ● salt, iodized                             | 0.25 g | 1 g    | 2.5 g  | 0.26      |
| Chicken, rice and vegetable wrap / servings | one    | four   | ten    | formula % |
| ● pita bread, whole wheat                   | 65 g   | 260 g  | 650 g  | 27.66     |
| ● chicken strips, marinated and cooked      | 75 g   | 300 g  | 750 g  | 31.91     |
| ● rice and vegetable mixture                | 95 g   | 380 g  | 950 g  | 40.43     |

\* The weight of all ingredients is given in edible portion.

| Nutrition facts        | Per 100 g         | Per serving (235 g) |
|------------------------|-------------------|---------------------|
| <b>Calories</b>        | 207 kcal (853 kJ) | 487 kcal (2051 kJ)  |
| Protein                | 9.9 g             | 23.2 g              |
| Total fat              | 7.1 g             | 16.6 g              |
| Saturated fat          | 1.3 g             | 3.2 g               |
| Trans fat              | 0.0 mg            | 0.0 mg              |
| Available carbohydrate | 26.1 g            | 61.3 g              |
| Total sugars           | 4.6 g             | 10.8 g              |
| Added sugars           | 1.7 g             | 4.1 g               |
| Dietary fibre          | 1.5 g             | 3.5 g               |
| Sodium                 | 330 mg            | 777 mg              |

Allergens: Contains gluten (pita bread) 

This recipe is a practical wrap that combines brown rice with chicken and vegetables.

## Instructions

### Steamed brown rice

- Rinse rice in clean water.
- Combine water and rice in a saucepan with a tight-fitting lid.
- Cook over medium heat for 20–25 minutes or until all liquid is absorbed and the rice is soft and fluffy.

### Marinated chicken

- Mix all the marinade ingredients.
- Add the chicken strips and marinate for at least four hours in the fridge.
- Drain and cook the chicken on a griddle to a minimum temperature of 74 °C.

### Rice and vegetable mixture

- Add oil to a non-stick pan. Once hot, add onions and cook over medium heat until they become translucent. Add the squash and cook for 2–3 minutes. Add carrots, broccoli and salt, and combine well.
- Add the steamed brown rice and stir until well combined.

### Assembly

- Heat the pita bread.
- Place cooked chicken strips.
- Add the rice and vegetable mixture.
- Roll to make the wrap. If necessary, use a paper sheet to help keep its shape.
- Store heated at a minimum temperature of 60 °C until serving or keep refrigerated at 4 °C or below before reheating.

**Note:** Pita bread is a critical ingredient because of its sodium content, aim for varieties of not more than 320 mg/100 g.



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The recipe is intended to be used by food businesses, concessionaries and sports event organizers.