



CHICKEN, BROWN RICE & VEGGIE BAKE



Product: All-Bran Original® Cereal

Pack Size: 6 x 1.6 kg

Order Code: 17904 (000 64100 00948 6)

Preparation Time: 50 minutes

Cooking Method: Bake

Serving Utensil: 8 oz Spoodle

Serving Suggestions: Serve with a mixed green salad with vinaigrette dressing and garlic bread/crusty roll.

Yield: 25 servings

Portion: 250 mls/1 cup (355 g/12.5 oz)

Ingredients:

Nutrition Facts	
Calories	240 Kcal
PRO	25 g
Chol	60 mg
Total Fat	8 g
Sat Fat	2.5 g
Trans Fat	0.05 g
CHO	22 g
Dietary Fibre	6 g
Total Sugars	4 g
Sodium	650 mg
Potassium	750 mg
Calcium	40 mg
Iron	2.5 mg
Vit A	0.03 mg
Vit C	0.11 mg

Steps	Ingredients	25 servings	
		Metric	Imperial
1	Water	1.875 L	7 ½ cups
1	Chicken Flavoured Soup Base, Reduced Sodium	150 g	5.3 oz
1	Cajun Seasoning	15 ml	1 Tbsp
1	Wholegrain Rice, dry	450 g	1 lb
2	All-Bran Original® Cereal	180 g	2 ½ cup
3	Canola Oil	60 ml	¼ cup
3	Diced Onions, frozen	215 g	8 oz
3	Mushrooms, stems & pieces, canned, drained	750 ml	24 oz
3	California Mixed Vegetables, frozen	1 kg	2.2 lbs
4	Diced Chicken, ½ inch-¾ inch cooked	2.250 kg	5 lbs
4	Green Peas, frozen	215 g	8 oz
5	Chicken Broth, reduced sodium, RTS	1.6 L	51 oz
5	Cream Cheese, cut into cubes	300 g	11 oz



CHICKEN, BROWN RICE & VEGGIE BAKE

Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.

1. Preheat convection oven to 165°C/325°F. Place Water in a stockpot on range and bring to a boil over medium heat. Stir in Chicken Soup Base, Cajun Seasoning and Wholegrain Rice. Cover and simmer over low heat for ~ 30 minutes or until the rice is tender.
2. Remove from heat and stir in the **All-Bran Original® Cereal**. Set aside. Transfer the rice/cereal mixture to a greased full-size insert pan 2 ½ inch deep and spread evenly over the bottom of the pan.
3. While the rice is cooking, heat Oil in skillet over medium-high heat. Add the Onions, Mushrooms and California Mixed Vegetables and sauté until for ~ 5 minutes until the moistures are tender crisp. Remove from heat and spread over the rice evenly.
4. Then layer the cooked Diced Chicken over the vegetables and sprinkle with Peas.
5. In the same skillet, heat the Chicken Broth over medium-high heat and add the cream cheese chunks. Heat until the cream cheese is melted and stir frequently. Pour over the vegetable/rice mixture. Cover with aluminum foil and place in preheated oven.
6. Bake for about ~ 50 minutes until the rice and the vegetables are fully cooked. Ensure the internal temperature of the chicken reaches 74°C/165°F is reached for at least 15 seconds.

CCP-Maintain: Product held at >60°C/140°F. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Discard leftovers.

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.