***Oriental Chicken with Rice Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Marination:*** | | |
| Raw Chicken | 1 kg | 1,200 Cal. |
| Dijon Mustard | 10 g | 8 Cal. |
| Low Fat Yogurt | 160 g | 80 Cal. |
| Canola Oil | 20 g | 180 Cal. |
| Salt | 10 g | 0 Cal. |
| Chicken Spices | 5 g | 15 Cal. |
| White Pepper | 5 g | 15 Cal. |
| ***TOTAL*** | ***1,220 g after cooking 854 g*** | ***1,8 Cal./g.*** |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Minced Beef Recipe:*** | | |
| Canola Oil | 40 g | 360 Cal. |
| Chopped Onion | 625 g | 250 Cal. |
| Chopped Beef Topside (Raw) | 1 kg | 1,571 Cal. |
| Salt | 5 g | 0 Cal. |
| White Pepper | 2 g | 6 Cal. |
| ***TOTAL*** | ***1,672 g after cooking 1,400 g*** | ***2,187 Cal./ 1.5 Cal/g.*** |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Minced Beef Rice:*** | | |
| Rice | 1 kg | 3,536 Cal. |
| Minced Beef | 500 g | 1,150 Cal. |
| Canola Oil | 40 g | 354 Cal. |
| Chopped Onion | 250 g | 100 Cal. |
| Chicken Stock | 40 g | 14 Cal. |
| Cardamon Powder | 3 g | 9 Cal. |
| Cinnamon Powder | 10 g | 25 Cal. |
| Salt | 24 g | 0 Cal. |
| Water | 2 liters | 0 Cal. |
| ***TOTAL*** | ***3,867 g = 3093 after cooking*** | ***5,188 Cal.***  ***1.67 Cal/g*** |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Sauce:*** | | |
| Light Butter | 30 g | 110 Cal. |
| White Flour | 30 g | 20 Cal. |
| Water | 1 liter | 0 Cal. |
| Chicken Stock | 20 g | 50 Cal. |
| Cinnamon Powder | 8 g | 9 Cal. |
| Cardamon Powder | 3 g | 15 Cal. |
| ***TOTAL*** | ***1,091 g = 764g after cooking*** | ***204 Cal.***  ***0.26 Cal/g*** |

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| **Portions** | **1P** | **2P** | **3P** |
| Chicken Breast Cooked | 90g = 162 Cal | 120g = 216 Cal | 150g = 270 Cal |
| Rice Mix with Ground Beef | 80g = 133Cal | 120g = 200 Cal | 150g = 250 cal |
| Cooked Sauce | 50g = 13 Cal | 100g = 26 Cal | 100g = 26 Cal |
| Cashew Nuts (Garnish) | 2 g = 12 Cal | 5 g = 25 Cal | 5 g = 25 Cal |
| Pistachio Stick (Garnish) | 2 g = 12 Cal | 5 g = 25 Cal | 5 g = 25 Cal |
| ***TOTAL*** | 332 Cal | 492 Cal | 596 Cal |

***NOTE: While Cooking the Chicken, there is Carrot, Onion, Celery, Bay Leaves, Leek for tasting.***