



**Somerset**  
Outdoor Learning – Colo River

Proud to support



# Duke of Edinburgh Dinner

## Chicken Treat

### To Buy

- **Tin of Chicken** (or tuna) in spring water (or flavoured is ok too if it goes with the other sauce you're getting)
- **Microwave Rice Pouch** (chose a variety with quinoa, brown rice etc if you want)
- **Vegetables** – good suggestions are - small onion, carrot, a few snow peas, half a capsicum, zucchini, celery stick....
- **Sauce** – small serve pouch or tub
- **Small packet of chips** –to enjoy for entrée.

### To Prep

- Put on a pot of water to boil
- Chop up your veggies
- Add your rice and vegies to the boiling water – bring back to the boil and simmer for just a minute
- Drain the water
- Add the tuna or chicken and your sauce to the pot and heat through

### To Eat

- Serve into your cup (or eat from the pot if no-one else needs to use it!)
- Grab your spoon
- Eat and enjoy!

### Utensils All you need

- Knife and board – group gear supplied by Somerset
- Cooking pot and burner – group gear supplied by Somerset
- Spoon – from home
- Cup/Mug – large size

