



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](#) (choose 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

