



THE NON-PERISHABLE

MEAL in MINUTES KIT

Kete kai i roto i ngā meneti

Teriyaki Chicken

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open the cans of beans and corn.
- Carefully drain the liquid.
- Open the cans of chicken.



STEP 3

- Microwave for 3 minutes on high.
- Take the bowl out and stir.
- If it's not hot enough, microwave for another couple of minutes.



STEP 2

- Open rice packet, break up the rice and empty into a microwavable bowl.
- Add chicken, green beans and corn.
- Stir together.



STEP 4

- Serve in bowls and enjoy.



Quick, cheap, easy, tasty and healthy meals for your family and whānau

Kai ora, hāpori ora! Healthy food, healthy community!

These recipes are designed to be utilised by food banks, community organisations and for whānau to have on hand in preparation for emergencies.

Te Whatu Ora
Health New Zealand