

Cuban Arroz Con Pollo (Chicken with Rice) (Cuba)

Meat Main Meal



This recipe
makes
90 x 140g
or 70 x 180g
servings

25 minutes
prep time

50 minutes
cooking time

Ingredients

- 875g Diced onion
- 5600g Diced chicken
- 60g Garlic, finely chopped/crushed
- 150ml Juice of 5 lemons
- 25g Ground cumin
- 35g Dried oregano
- 6 Bay leaves
- 710g Diced mixed peppers
- 50g Tomato puree
- 25g Paprika
- 15g Black pepper
- 5800ml Chicken stock
- 2835g White long grain rice

Method

1. Marinate the chicken in the garlic, lemon juice, cumin and oregano
2. Heat the oil in a large saucepan over a medium heat, add the onion and mixed peppers and sauté until translucent
3. Add the marinated chicken pieces and brown on all sides. Pour off excess fat
4. Stir in the tomato puree, paprika, stock, bay leaf and black pepper and bring to the boil
5. Reduce heat and simmer for 10 minutes
6. Add the rice and boil for 3 minutes. Reduce the heat, cover and cook until rice and chicken are tender, about 20 to 25 minutes
7. Remove bay leaves. Serve hot

90 Primary
or 70
Secondary
portions

Tip =
Serve with a
side salad of
cabbage,
carrots and
cucumber

**High
in
vitamin C**

Recipe with
thanks to
Pamela
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Nutritional content	Per 100g	Pri serving	Sec serving
Energy kcal	149	208	268
Fat g	1.4	2.0	2.6
Saturates g	0.3	0.5	0.6
Carbohydrate g	19.6	27.4	35.3
NME sugars g	0	0.0	0.0
Fibre/NSP g	0.4	0.6	0.7
Protein g	11.9	16.7	21.5
Iron mg	1.0	1.4	1.8
Zinc mg	1.0	1.5	1.9
Calcium mg	15	21	27
Vitamin A ug	34	47	60
Vitamin C mg	7.0	10	12
Folate ug	8	11	14
Sodium mg	165	231	297