

Perfectly poached chicken

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How to poach chicken:



- 1 Place chicken breasts (from the fridge) in a heavy bottomed saucepan.



- 2 Cover chicken with warm water. Bring to the boil and then reduce to a simmer.



- 3 Cover and gently simmer for 10 minutes. Take off the heat and allow chicken to stand in water for 15 - 20 minutes. Store appropriately and **refrigerate immediately** after 20 minutes.

Add some extra flavour:

- use salt reduced stock instead of water
- add ginger and spring onions to the water - these flavours will infuse the chicken
- use herbs, spices and vegetables such as basil, chives, coriander, dill, oregano, parsley, rosemary, star anise, tarragon, thyme, bay leaf, peppercorns, onions or carrots.

Storing your poached chicken:

- Store the poached chicken in sealed bags or containers. Remember to always clearly label the containers with the contents and date cooked.
- Raw and poached chicken can be stored in the fridge for two to three days.
- If storing for more than three days, chicken should be frozen the day it is cooked.



Poached chicken can be a tasty addition to wraps and sandwiches, salads, rice, noodle and pasta dishes and pizzas.

