



THE NON-PERISHABLE

MEAL in MINUTES KIT

Kete kai i roto i ngā meneti

Fried Rice

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



You may substitute canned vegetables with frozen vegetables. 1 can = 1 1/2 cups of frozen

INSTRUCTIONS / TOHUTOHU TAO KAI

STEP 1

- Open the cans of peas and corn.
- Carefully drain the liquid.
- Open the can of tuna (185g).



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 tuna, peas and corn.
- Stir together.



STEP 4

- Add 1 Tablespoon soy sauce to the rice mix.
- Stir together.
- Serve and enjoy.



TIP: If sweet chilli tuna is too spicy you can use a plain flavour

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