

MINI CHICKEN & carrot rolls



A simple and tasty recipe for the school lunchbox with plenty of protein and good carbs to keep children's energy up all day long.

Serves one.

Preparation: 10 minutes

Cooking time: 10 minutes

INGREDIENTS

- 100g chicken mince
- 1/2 small carrot, grated
- 1/2 small zucchini, grated
- 1 green onion (shallot), chopped
- 1 tsp olive oil
- 1 Tbsp barbecue sauce
- 1 light wrap

METHOD

Heat oil in a small pan over high heat. Cook chicken, stirring, for 4-5 minutes.

Add carrot, zucchini, green onion and barbecue sauce. Cook for 4-5 minutes, until vegetables are tender and liquid has evaporated. Transfer to a bowl and refrigerate until cold.

Spoon chicken mixture along centre of wrap. Roll up to enclose. Cut in half and wrap in plastic wrap. Pack into lunchbox with fruit, chilled chocolate milk and ice-brick.

* When using this recipe, Tony Ye from Belconnen Chicken at Westfield Belconnen suggests experimenting with different vegetables.

'Instead of zucchini and carrot, you could try red cabbage, bok choy, yellow and red capsicum or a combination of all three. When it comes to veg, eating a variety of colours gives kids a broader range of nutrients, so aim for a rainbow of colour if you can,' Tony said.

CHOCOLATE BOUQUETS

Lollypotz offers sweet gifts for Valentine's Day such as potz bursting with chocolate hearts, or chocolate treats teamed with a teddy bear or bottles of bubbly, bourbon or beer.

You can call 1300 565 597, order online at www.lollypotz.com.au or visit the showroom at 6/66 Maryborough Street, Fyshwick.

Courtesy of our friends at Lollypotz, *Canberra Weekly* has 4 x Lollypotz prizes (valued at \$52 each) to give away, each comprising a \$22.50 Box of Hearts and a \$29.50 Hertz on Fire bouquet.

To enter, email competitions@canberraweekly.com.au with 'Lollypotz Valentine' in the subject field. Tell us your name, full contact details and the answer to this question: after whom is Valentine's Day named? Entries close and winners drawn 9am 9 February 2012. One entry per person. Permit No. ACT TP 11/01264.1.

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TO WIN



BUBBLING WITH SUCCESS

Peter Logan has inherited his late dad's (Malcolm) skills in creating sensational sparkling wines from fruit from the Logan premium, cool-climate vineyards on the frosty hilltops outside Orange in Central Western NSW.

His latest release is a 2009 'M' Cuvee named in honour of his dad and unusually made from equal portions of Chardonnay, Pinot Noir and Pinot Meunier. With two-thirds being from red grapes, it's got a salmon pink colour and brims with strawberry and spice characters on a creamy palate.

Beaut buying at \$35 for that next big celebration.

Check out vintnews.com for food/drink ideas.



- David Ellis