

Sweet Chilli Chicken

Allergens – N/A

Ingredients

Quantity	Ingredient
1Kg	Cooked Chicken
1.2kg	Tinned Tomatoes
100g	Tomato Purée
400g	Onions (diced)
10g	Garlic Purée
5g	Mixed Herbs
200ml	Apple Juice
5g	Mild Chilli Powder



Vegetable and Carbohydrate is provided based on the current menu

Method

1. Cook the onions, tomato purée, garlic, chilli powder, herbs and tomatoes together.
2. Blend the sauce with the apple juice and add the chicken.
3. Transfer into serving tins and heat in the oven to the required holding temperature.

Nutritional Content per 100g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 77.3	= 0.4	= 0.0	= 4.9	= 0.6	= 6.1

Portion size - Primary – 180g

Reviewed April 2018