

Roast Chicken in Gravy

Allergens - **Celery**, **Gluten**

Ingredients

Quantity	Ingredient
1kg	Cooked Chicken Breast - Flattened
15g	Chicken Bouillon Knorr (contains Celery)
40g	Bisto (contains Wheat, Barley)
40g	Cornflour
1.5Ltr	Water



Vegetable and carbohydrate is provided based on the current menu

Method

1. Cook the chicken breast following manufacturer's instructions the day before required.
2. Cool the chicken using the Food Safety Management System guidelines.
3. Slice the chicken roast (two slices per portion).
4. Place in tin and heat to 85°C.
5. Make the gravy with water, bouillon, cornflour and bisto and pour over the chicken.
6. Heat thoroughly to 85°C in the oven.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 62.6	= 1.0	= 0.3	= 0.8	= 0.4	= 4.8

Portion size - Primary - 140g with gravy