

Baked Potato with Barbeque Chicken Topping

Allergens – Celery, Wheat, Soya

Ingredients

Quantity	Ingredient
700 g	Uncooked Chicken Breast (diced)
500g	Peppers (sliced)
250g	Onions
400ml	Water
5g	Chicken Bouillon (Knorr, Brakes, Major contains Celery)
100g	Tomato Ketchup (Heinz contains Celery)
20g	Golden Syrup
10mls	Soy Sauce (contains Wheat, Soya)
5g	Garlic Purée
15g	Cornflour
20	Potatoes (baked)



Method

1. Wash, dry and rub potatoes with vegetable oil and place in a baking tray.
2. Bake potatoes in oven until tender, 2 hours approximately.
3. Cook the chicken to the required temperature of 75°C.
4. Make the sauce by softening peppers and onions, add stock.
5. Add the tomato ketchup, syrup, minced garlic and soy sauce.
6. Mix the cornflour with a little water and add to mixture to thicken.
7. Cook thoroughly and add chicken then transfer to serving tins.
8. Cross cut baked potatoes and add chicken topping to serve.

Nutritional Content per 100g of Chicken topping + potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 178.3	= 0.8	= 0.2	= 5.1	= 0.4	= 32.2

Portion size - Primary –100g

Baked Potato @ 100g = 31.7g Carbs