

Roast Chicken, Gravy & Yorkshire Pudding

Allergens - **Celery**, **Gluten**, **Eggs**, **Milk**, **Soya**

Ingredients

Quantity	Ingredient
1.4 kg	Raw Chicken Breast
15g	Chicken Bouillon Knorr (contains Celery)
40g	Bisto (contains Wheat , Barley)
40g	Cornflour
1.5Ltr	Water
20	Yorkshire Puddings (3090) (contains Egg , Milk , Soya)



Method

1. Cook the chicken breast to 75°C core temperature.
2. Cool for a maximum 1 hour according to Food Safety Management practice and until ready for slicing.
3. Make the gravy using water, bouillon, cornflour and bisto.
4. Slice the chicken breasts and place in serving tin.
5. Pour hot gravy over sliced chicken and place in over/steamer until 82°C temperature is achieved.
6. Warm the Yorkshire puddings and fill with chicken and gravy to serve.

Nutritional Content per 140g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 148.3	= 2.5	= 0.5	= 1.4	= 0.7	= 13.9

Portion size - Primary - 140g with gravy + 1 Yorkshire Pudding @ 30g = 12.1g Carbs