

Honeyed Chicken

Allergens – Celery, Gluten, Soya

Ingredients

Quantity	Ingredient
1Kg	Cooked Chicken (diced)
Marinade	
1	Lemon (zest & juice)
1	Orange (zest & juice)
40ml	Soy Sauce (contains Wheat , Soya)
100ml	Clear Honey
5g	Brown Sugar
15ml	Vegetable Oil
600g	Mixed Peppers (sliced)
600g	Carrots (thin strips)
300g	Onions (thin sliced)
5g	Garlic Puree
20g	Chicken Bouillon Knorr (contains Celery)
1 Ltr	Water
40g	Cornflour



Method

1. Make up the marinade.
2. Mix marinade with chicken and heat.
3. Heat oil in a pan and sauté peppers, carrots, onion and garlic until soft.
4. Add in the chicken and marinade.
5. Make up chicken stock add to the mixture, bring to the boil and simmer for 5 mins.
6. Correct the consistency with cornflour.

Note - Sweet Potato and courgette may also be used.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 76	= 2.6	= 0.7	= 5.1	= 0.42	= 5.7

Portion size - Primary - 180g Academy –240g