



Food For Thought Recipe and Allergen Card

BBQ Chicken

100 Portions

Ingredient	Hannah Product Code	Quantity
Diced Chicken		5k
Sterling BBQ Sauce	D001380	To taste
Onion – sliced		1k
Carrot – sliced		1k
White cabbage – sliced		1k
Garlic- diced		5 cloves
Tomato Puree	D001630	400g
Chopped Tomatoes	D002052	1x 2.5k
Celery - Chopped		1k
Olive oil	D001010	For frying

RECIPE METHOD – **ALLERGENS**

1. In a saucepan add enough oil for frying and heat
2. Add the onion and cook for 5 minutes
3. Add remaining vegetables and garlic
4. Cook for 10-15 to allow the flavours to sweat
5. Add the tomato puree and chopped tomato and bring to a simmer
6. Add the desired amount **BBQ sauce** to add the flavour
7. Cook for a further 10 minutes, then puree using a stick blender adjusting seasoning and consistency if required
8. In a separate pan, add enough oil for frying and heat
9. Add the diced chicken to the pan and cook until a core temperature of 75°C is achieved
10. Combine the two pans and cook for 10 minutes to ensure it is piping hot

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...