



## Food For Thought Recipe and Allergen Card

### Chicken Tikka Pie

100 Portions

Ingredient	Hannah Product Code	Quantity
Diced Chicken Thigh	Cook's of Rainford	6k
Onion (Diced)	C003004	1k
Mixed Peppers	C003068	
Tomato Sauce (as per FFT recipe)		8ltr
Curry Powder	D001086	To taste
Garam Masala	D001185	
Ground Coriander	D001194	
Turmeric	D002140	
Potatoes (Peeled and Diced)	C003051	
Salt and Pepper	D001199	
Garlic (sliced)	C003031	2
Olive Oil	D001010	

#### RECIPE METHOD – ALLERGENS

1. Prepare the tomato sauce as per the FFT recipe
2. In a separate pan add olive oil for frying
3. Add the diced onion and garlic and cook for 2 mins stirring regularly
4. Season the diced chicken with salt, curry powder and pepper
5. Add to the pan and brown with the onions
6. Add diced peppers and cook for 5 minutes
7. Add the tomato sauce cook for 20 minutes
8. Taste and adjust for seasoning, adding more curry or spices if necessary
9. Add the diced potato to a pan of boiling water seasoned with salt and turmeric
10. Par – cook these so the colour is infused but the potato is still quite firm
11. Add to a roasting tray, season with salt and pepper, drizzle with a little oil and roast for 15-20 minutes until cooked through and browned slightly
12. Add the curry to the bottom of a gastronorm or baking dish
13. Top with the Bombay potato to cover the curry and bake in the oven until piping hot and browned on the top

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...