



Food For Thought Recipe and Allergen Card

Mexican Pulled Chicken

100 Portions

Ingredient	Hannah Product Code	Quantity
Diced 50/50 Chicken		5K
Onion		1K
Red Pepper		1K
Chopped Tomatoes		1 Tin
Tomato Paste		½ Tin
Vinegar		100ml
Soy Sauce		100ml
Cumin		3 Tbsp
Smoked Paprika		3 Tbsp
Oregano		2 Tbsp
Garlic		6 Cloves or 3 Tbsp Garlic Puree
Salt & Pepper		To Taste

RECIPE METHOD

1. Dice the Onion, Red Peppers & Garlic.
2. Place in a large Gastro and mix it with the Chicken, Vinegar & Soy Sauce.
3. Add the Chopped Tomatoes and all the remaining spices & seasoning and mix well.
4. Cover tray with parchment paper and foil on top.
5. Place in the oven for 1.5-2.5 for 3 hrs at 150c.
6. Taste and season it accordingly then use two forks to pull the Chicken apart.

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...