

Spanish Chicken Tray Bake With Peppers (Veg Power)

V.1

Ingredients:	10 Portions	50 Portions	100 Portions
Tomato Sauce (FFT Recipe)	As needed	As needed	As needed
Olive oil	For Frying	For Frying	For Frying
Paprika	pinch	1 tbsp	2 tbsp
Onions – Diced	200g	1kg	2kg
Garlic - Diced	1 clove	0.5 bulbs	1 bulb
Diced Chicken	600g	3kg	6kg
Sliced mixed peppers	200g	1kg	2kg
Salt	To taste	To taste	To taste
Pepper	To taste	To taste	To taste



Key Points:

- Marinading the meat in some oil, garlic and paprika the day before will add lots of flavour to this dish

Method:

1. Prepare the Tomato Sauce as per the FFT recipe
2. In a separate pan heat some olive oil for frying and add the diced onion, peppers and garlic, fry for 5 minutes
3. Season the diced chicken with salt, pepper and paprika and add to the pan with peppers and onions
4. Cook for 15 minutes or until the chicken is cooked through
5. Add enough tomato sauce to coat the chicken and vegetables and stir well
6. Empty onto an oven tray and bake in the oven for 30 mins until cooked through.

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...