



## BBQ Chicken

Ingredient	10 Portions	50 Portions	100 Portions
Diced Chicken	500g	2.5kg	5kg
Sterling BBQ Sauce	To taste	To taste	To taste
Onion – sliced	100g	500g	1kg
Carrot – sliced	100g	500g	1kg
White cabbage – sliced	100g	500g	1kg
Garlic- diced	1 cloves	2.5 cloves	5 cloves
Tomato Puree	40g	200g	400g
Chopped Tomatoes	250g	1.25kg	2.5kg
Celery – Chopped	100g	500g	1kg
Olive oil	For frying	For frying	For frying

### Key Points

Marinading the chicken the night before can add some really nice depth of flavour. You could marinade in BBQ sauce or oil and Cajun spice

### Method

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

**Allergens** Wheat, Celery, Sulphites