



Chicken and Vegetable Casserole (Bouillon Your Needs)



Ingredients (10 portions)

Amount	Measure	Name
300	g	Chicken, breast . Diced 1"
70	g	Carrots
70	g	Turnips
70	g	Swede, fresh
70	g	Potatoes
70	g	Celery
900	ml	KNORR Paste Bouillon Chicken 1kg
15	ml	Oil, Sunflower
15	g	Tomato puree
150	g	Tomatoes, canned
75	g	Peas, frozen

Preparation

Advance Preparation



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Pre heat oven to 190°C / 375°F / Gas 5. Warm serving dishes

Method

1. Wash and dice all the vegetables into chunks.
2. Prepare the bouillon as per manufacturers instructions using 25g of paste to 1 litre of boiling water.
3. Heat the oil in a suitable saucepan over a medium to high heat, add in the chicken and cook until golden all over. Remove and set to one side. Add in the vegetables and cook for a couple of minutes, add back the chicken, tomato puree, chopped tomatoes and chicken stock, bring to the simmer.
4. Decant in to the a suitable oven proof dish or gastronome, cook for 30 to 35 minutes or until chicken is thoroughly cooked and vegetables are tender. Add peas for last 10 minutes so they retain there colour.
5. Serve the casserole with mash potato and steamed seasonal vegetables.

Handy hint

This dish can be flavoured with any Variant from the KNORR Primerba Herb Paste range at stage 3.

Nutrition

Added salt is not recommended but if used keep to a minimum . If using oil use unsaturated (olive or sunflower) and reduce the quantity used where possible. This helps to provide a nutritional balanced dish.

CCPs

Always wash your hands after handling raw protein or root vegetables

Minimum cooking core temperature to 75oC for thoroughly cooked

Minimum holding temperature 63oC

Reheated food core temperature 82oC

Probes should be cleaned and sanitised before each test using approved wipes

Leftover food for recovery should be, chilled rapidly, covered, labelled, refrigerated and used within 24 hours

Discard leftover food of over 2 hours hot holding