

Chicken Tagine

ingredients

- 24 Green Gourmet Chicken Breast Fillet 57g
- 4 tblsp vegetable oil
- 2 large onions, finely chopped
- 6 large carrots, diced
- 4 medium parsnips, diced
- 3 tsp cumin, ground
- 2 tsp coriander, ground
- 4 tsp plain flour
- ½ tsp garlic granules
- 1 tsp thyme, dried
- 2 pints vegetable or chicken stock
- 4 tsp tomato puree
- 1 tsp salt
- 150g dried apricots, finely chopped



cooking instructions

- ❖ Gently fry the onions, carrots and parsnips with the cumin and coriander.
- ❖ When slightly soft, stir in the flour, garlic and thyme and continue frying for a further 1-2 minutes.
- ❖ Pour in the vegetable stock. Add the tomato puree and salt and bring to a gentle simmer.
- ❖ Lay out the frozen chicken in a tin. Sprinkle on the dried apricots.
- ❖ Pour the vegetable sauce over the chicken, cover and place into a pre-heated oven (160 °C/gas 4) for 40-50 minutes.
- ❖ Allow the sauce to simmer gently. Make sure it is piping hot before serving.

Chicken Tagine

Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Chicken Breast Fillet 57g	1368	g	4.73	6.47
vegetable oil	40	g	0.43	0.02
onions	400	g	0.51	0.20
carrots	600	g	0.52	0.31
parsnips	480	g	1.58	0.76
ground cumin	3	g	11.54	0.03
ground coriander	2	g	21.88	0.04
plain flour	16	g	0.30	0.005
garlic powder	1	g	17.17	0.02
dried thyme	0.4	g	21.88	0.01
vegetable stock	1140	ml	0.15	0.17
tomato puree	20	g	1.30	0.03
salt	6	g	0.37	0.002
dried apricots	150	g	5.96	0.89
Total	4226	g		8.96
Cooked portion size	141	g		
Number of portions	24			
Cost per portion	37	p		

Nutritional Profile

L	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	86.5	kcal
fat	2.3	g
saturated fatty acids	0.3	g
carbohydrates	7.5	g
NME (non-milk extrinsic) sugars	0.6	g
fibre/NSP (non-starch polysaccharides)	1.7	g
protein	9.1	g
iron	0.7	mg
calcium	24.1	mg
vitamin A (retinol equivalents)	248.5	µg
folate	18.9	µg
vitamin C	4.5	mg
sodium	289.5	mg
zinc	0.4	mg



Additional Nutritional Information

This high protein recipe is a rich source of vitamins A and C. It is also a useful source of iron and folate. The vegetables account of one portion of the '5-a-day'.

Allergen information:

Please check labels of other ingredients for possible allergens.

Serving suggestions:

Serving this recipe with a portion of couscous and mange tout will achieve the lunch time requirements for iron and vitamins A and C. Both vitamins A and C are anti-oxidants that can help keep the immune system strong. An adequate iron intake ensures optimum mental and physical performance for all ages.