

Chicken & Onion Balti Naan

ingredients

- 24 Green Gourmet Chicken Breast Fillets 57g
- 3 tblsp vegetable oil
- 3 medium onions, sliced
- 720g Sharwood's Balti sauce (lighter range)
- 24 naan breads

cooking instructions

- ❖ Mix the onions with the oil in a large baking tin.
- ❖ Cook in a pre-heated oven (180°C/gas 5) for 20 minutes, stirring occasionally.
- ❖ Add in the frozen chicken, followed by the balti sauce.
- ❖ Cover, return to the oven and cook for a further 40 minutes. Stir occasionally.
- ❖ Make sure the sauce has simmered gently and the chicken is piping hot before serving.

assembly

- ❖ Cut open the naan breads and lay out in a tin.
- ❖ Cover with a damp towel and place into a low temperature oven to warm.
- ❖ Insert a chicken fillet, followed by a spoonful of the sauce.



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Ingredients	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Chicken Breast Fillet 57g	1368	g	4.73	6.47
vegetable oil	30	g	0.43	0.01
onions	540	g	0.51	0.28
Sharwood's Balti sauce (lighter range)	720	g	2.31	1.66*
naan breads	1440	g	2.56	3.68
Total	4098	g		12.10
Number of portions	24			
Portion weight	160	g		
Cost per portion	50	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	169.9	kcal
fat	4.7	g
saturated fatty acids	0.6	g
carbohydrates	22.2	g
NME (non-milk extrinsic) sugars	0.5	g
fibre/NSP (non-starch polysaccharides)	1.6	g
protein	10.7	g
iron	1.1	mg
calcium	83.0	mg
vitamin A (retinol equivalents)	38.2	µg
folate	9.3	µg
vitamin C	1.1	mg
sodium	385.4	mg
zinc	0.6	mg

* Please note that these are list prices, exclusive of distributor on cost. Contact your RHM representative for further details.

Additional Nutritional Information

A simple, high protein break time snack which provides a useful amount of calcium, iron and zinc.

Allergen information:

Naan bread contains wheat, a potential allergen.
Please check labels of ingredients for other possible allergens.

Serving suggestions:

By adding salad ingredients, this hand held item could be included in a lunch time meal deal along with apple juice and a piece of fruit.

