

Peri-Peri Chicken with Coriander

ingredients

- 24 Green Gourmet Chicken Breast fillet 57g
- 6 tblsp vegetable oil
- 2 large onions, sliced
- 12 tsp peri-peri seasoning
- 1 medium iceberg lettuce, shredded
- 2 tblsp fresh coriander, chopped
- 24 small naan breads
- 2 tblsp lemon juice
- 480g low fat mayonnaise



cooking instructions

- ❖ Slice two large onions, place into a bowl and coat with the vegetable oil.
- ❖ Place the frozen chicken fillets into a lightly oiled tin and sprinkle over the peri-peri seasoning. Coat both sides.
- ❖ Layer the sliced onions on top and place the tin into a pre-heated oven (180 °C/gas 5) for 24-30 minutes. Stir occasionally and make sure they are piping hot.
- ❖ Cut the iceberg lettuce into shreds and chop the coriander.
- ❖ Mix the lemon juice into the mayonnaise.

assembly

- ❖ Warm up the naan breads in a microwave or low temperature oven.
- ❖ Slice open and third fill with the shredded lettuce.
- ❖ Place the chicken fillet on top and then add a spoonful of the cooked onions.
- ❖ Add a spoonful of the mayonnaise and finish with a few leaves of coriander to garnish.

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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Chicken Breast Fillet	57g			
vegetable oil	60	g	4.73	6.47
onions	480	g	0.43	0.026
peri-peri seasoning	18	g	0.51	0.24
iceberg lettuce	600	g	40.56	0.73
coriander leaves	24	g	1.33	0.80
naan bread (from mix)	1440	g	8.30	0.20
lemon juice	32	g	0.62	0.89
low fat mayonnaise	480	g	1.92	0.061
			1.15	0.55
Total	4502	g		9.97
Cooked portion size	180	g		
Number of portions	24			
Cost per portion	42	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	159.7	kcal
fat	5.8	g
saturated fatty acids	0.9	g
carbohydrates	17.4	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	1.3	g
protein	9.5	g
iron	0.9	mg
calcium	72.8	mg
vitamin A (retinol equivalents)	51.4	µg
folate	15.6	µg
vitamin C	1.9	mg
sodium	303.7	mg
zinc	0.5	mg



Additional Nutritional Information

This hand-held recipe is suitable throughout the school day, and conforms to all the School Food Trust recommendations.

It is a useful source of iron, calcium, vitamin A, folate and zinc.

Allergen information:

Naan bread contains wheat; and mayonnaise contains eggs, both potential allergens. Please check labels of ingredients for other possible allergens.

Serving suggestions:

The vegetables in this recipe amount to half a '5-a-day' portion. Add a couple of cherry tomatoes and this delicious snack will meet the guidelines for one portion.