

Spicy Breaded Chicken in a Bun

ingredients

24 Green Gourmet Breaded
Chicken Breast Fillets, 85g

2 tblsp vegetable oil

6 tsp paprika powder

2 tsp chilli powder

2 tsp black pepper

2 tsp celery salt

2 medium Iceberg
lettuce, shredded

360g low fat mayonnaise

2 tblsp lemon juice

24 large baps



cooking instructions

- ❖ Place the frozen breaded chicken fillets into a lightly oiled tin.
- ❖ Make up the spice mix as follows: 6 tsp paprika powder, 2 tsp each of chilli powder, black pepper powder and celery salt.
- ❖ Sprinkle the spice mix over the chicken, then turn and coat the other side.
- ❖ Place into a pre-heated oven (180°C/gas 5) for 20-30 minutes until fully cooked.
- ❖ Shred the lettuce.
- ❖ Mix the lemon juice with the mayonnaise.

assembly

- ❖ Slice the bap in two and place a layer of lettuce on to the bottom half.
- ❖ Place a chicken fillet on top, followed by a small spoonful of the lemon mayonnaise.
- ❖ Cover with the top half of the bread bun.

Spicy Breaded Chicken in a Bun

Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Breaded Chicken Fillet, 85g	2040	g	5.39	10.99
vegetable oil	20	g	0.43	0.01
paprika powder	9	g	13.46	0.12
chilli powder	2	g	17.80	0.04
black pepper	2	g	10.00	0.02
celery salt	10	g	7.89	0.08
iceberg lettuce	960	g	1.33	1.28
low fat mayonnaise	360	g	1.15	0.41
lemon juice	32	g	1.68	0.05
large white baps	1440	g	0.54	0.78
Total	4875	g		13.78
Number of portions	24			
Cooked portion size	195	g		
Cost per portion	57	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	177.8	kcal
fat	5.7	g
saturated fatty acids	0.8	g
carbohydrates	23.2	g
NME (non-milk extrinsic) sugars	1.4	g
fibre/NSP (non-starch polysaccharides)	0.9	g
protein	9.5	g
iron	0.9	mg
calcium	72.1	mg
vitamin A (retinol equivalents)	15.9	µg
folate	24.1	µg
vitamin C	0.9	mg
sodium	415.6	mg
zinc	0.5	mg



Additional Nutritional Information

The Breaded Chicken Fillets are non-flash fried and therefore do not contribute towards the two deep-fried items per week, as stated by the School Food Trust guidelines.

Allergen information:

This recipe contains wheat, eggs and celery, all possible allergens. Please check labels of ingredients for other potential allergens.

Serving suggestions:

This recipe could be offered in any form of bread. Extra salad vegetables could be added as a nutritious lunch time meal.