

# Sweet Potato Chicken Casserole

## ingredients

24 Green Gourmet Chicken Breast Fillets 57g

2 medium sweet potatoes

2 tblsp vegetable oil

2 large onions, sliced

1 stick celery, finely chopped

2 tblsp plain flour

1 tsp dried basil

2 tsp tomato puree

2 tsp smooth mild mustard

½ tsp salt

½ tsp black pepper

1 pint vegetable stock



## cooking instructions

- ❖ Par-boil the sweet potatoes for 3-4 minutes. Cool and dice.
- ❖ Oil a tin and place into a pre-heated oven (180°C/gas 5) for 2-3 minutes.
- ❖ Add the sweet potatoes, onion and celery and cook for 10-15 minutes.
- ❖ Stir in the flour followed by the basil, tomato puree, mustard, salt and pepper.
- ❖ Pour in the stock, stir well, then immerse the chicken fillets into the sauce.
- ❖ Cover and cook for 35-40 minutes, stirring the sauce once after 25 minutes.

# Sweet Potato Chicken Casserole

## Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet chicken breast fillets 57g	1368	g	4.73	6.47
sweet potatoes	360	g	0.29	0.10
vegetable oil	20	g	0.43	0.01
onions	360	g	0.51	0.18
celery	35	g	0.50	0.02
plain flour	32	g	0.30	0.01
dried basil	0.4	g	28.13	0.01
tomato puree	10	g	1.30	0.01
smooth mild mustard	8	g	2.11	0.02
salt	1.5	g	0.37	0.001
pepper	1.5	g	10.00	0.02
vegetable stock	570	ml	0.15	0.09
<b>Total</b>	<b>2766</b>	<b>g</b>		<b>6.93</b>
<b>Cooked portion size</b>	<b>92</b>	<b>g</b>		
<b>Number of portions</b>	<b>24</b>			
<b>Cost per portion</b>	<b>29</b>	<b>p</b>		

## Nutritional Profile

L	fat
L	saturates
L	sugars
M	salt

## Cooked analysis: Nutrients

	analysis per 100g	
energy	103	kcal
fat	2.2	g
saturated fatty acids	0.3	g
carbohydrates	7.4	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	0.8	g
protein	13.2	g
iron	0.6	mg
calcium	17.9	mg
vitamin A (retinol equivalents)	110.6	µg
folate	8.5	µg
vitamin C	5.4	mg
sodium	314	mg
zinc	0.5	mg



## Additional Nutritional Information

This low fat recipe is an excellent source of protein and also provides a useful source of the vitamins A and C

### Allergen information:

This recipe contains celery and mustard, both possible allergens. Please check labels of ingredients for other potential allergens.

### Serving suggestions:

New potatoes in their skins provide both carbohydrate and a useful amount of iron. Green beans are a useful source of vitamin A and cauliflower contains vitamin C and folate. Folate helps the blood work more efficiently and is often recommended for preventing anaemia. Vitamin C, an antioxidant can keep the immune system strong.