

COMPLETE MEAL

Cajun Chicken

Cajun flavoured non-fried chicken grills served with sweet potato parsley mash and lightly stir fried vegetables.

Makes 10 portions (169g/portion)

Ingredients

600g		10 Green Gourmet Chicken Grills 60g (GG Code - 7229)
6g	(2 tsp)	Cajun spice mix
1kg		sweet potatoes, mashed
6g	(2 tblsp)	fresh parsley, chopped
150g	(1 medium)	onions, finely chopped
160g	(1 medium)	green pepper, finely chopped
160 g	(4 stalks)	celery, finely chopped
11g	(1 tblsp)	olive oil

Method

1. Place the frozen Green Gourmet Chicken Grills onto a greased baking tin, sprinkle with the Cajun seasoning and cook as instructed.
2. Cook the sweet potatoes. Mash and stir in the parsley.
3. Add the oil into a wok or saucepan and lightly stir fry the vegetables.
4. Serve the Green Gourmet Chicken Grills accompanied by sweet potato and stir fried vegetables.

Serving Suggestions

For extra iron content dried herbs could also be added to the vegetable mix.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
117.0	2.7	0.3	17.3	0.2	1.7
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
5.9	1.5	0.4	31.8	333.9	22.8
Folate (µg)	Sodium (mg)				
17.0	204.7				

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