

COMPLETE MEAL

Chicken and Tomato Risotto

A colourful mix of spicy chicken breast, vegetables and rice.

Makes 10 portions (244g/portion)

Ingredients

500g	7 Green Gourmet Funky Chicken 70g-100g fillets (GG code – 7284)
500g	rice
100g	frozen peas
100g	frozen sweetcorn
11g (1 tblsp)	oil
200g (2 medium)	onions, chopped
160g (1 medium)	yellow pepper, chopped
150g	mushrooms, thinly sliced
500g	tomato & basil sauce

Method

1. Cook the rice according to manufacturer's instructions. Add the peas and sweetcorn towards the end of the cooking time. Drain and keep hot.
2. Cook the Green Gourmet Funky Chicken 70g-100g portions according to cooking instructions. Slice into strips. Keep hot.
3. Stir fry the onions, peppers and mushrooms in oil. Add the chicken strips and tomato & basil sauce and warm through gently.
4. Mix in the rice, peas, and sweetcorn. Stir well and continue to heat until piping hot.

Serving Suggestions

A useful dish for using up small amounts of left-over vegetables. You could also use it to make up possible nutritional shortfalls such as including some pulses when iron and zinc appear to be in short supply over the rest of the menu cycle. Serve with a green salad for additional folate.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
123.9	1.8	0.3	21.8	1.0	0.7
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
6.3	0.6	0.6	21.9	5.2	8.8
Folate (µg)	Sodium (mg)				
15.2	126.2				

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