

COMPLETE MEAL

Spicy Tandoori Dippers with Nachos

Chunks of spicy chicken served with homemade nachos, salad vegetables and a dip.

Makes 10 portions (177g/portion)

Ingredients

960g 48 Green Gourmet Tandoori Chicken Chunks (GG code – 7297)

Nachos:

224g 4 x 10" flour tortillas
50g (2 tblsp) tomato coulis, passata or sieved tomatoes
2g (2 tsp) dried coriander

Vegetable pots:

250g mixed peppers
250g (1 medium) cucumber

Dip:

200g low fat mayonnaise
10ml (2 tsp) lemon juice
6g (2 cloves) garlic, crushed

Method

1. Cook the Green Gourmet Tandoori Chicken Chunks according to instructions.
2. Spread the flour tortillas with tomato coulis and sprinkle with dried coriander.
3. Cut the tortillas into 12 equal wedges and place onto a greased baking tray. Bake in a hot oven for 5 to 10 mins until crispy and golden brown. Place on a cooling rack to cool.
4. Wash the peppers and cucumber and cut into small batons.
5. Mix the mayonnaise with the lemon juice and crushed garlic.
5. Serve the Green Gourmet Tandoori Chicken Chunks with the nachos, vegetable pot and dip.

Serving Suggestions

This item could also be served in a carton as a breaktime grab and go offering.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
142.7	4.3	0.3	17.9	0.5	1.1
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
8.7	0.7	0.4	37.3	29.8	17.1
Folate (µg)	Sodium (mg)				
13.2	239.9				

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