

## Looks Like



## Ingredients

Ingredient	Quantity	Unit
Fresh Diced Chicken Breast	680.00	g
CARROTS	50.00	g
ONIONS SPANISH	100.00	g
Sysco Classic Mild Chilli Powder 1x500g	1.00	g
Sysco Classic Chop Toms in Juice 2.5kg	750.00	g
Sysco Essentials Tomato Sauce 1x 4.5kg	25.00	ml
Sysco Cla Extra Life Rapeseed Oil 1x5ltr	7.50	ml
Sysco Classic Oregano 1x100g	5.00	g
Cooks Co Garlic Puree 1x1.2kg	5.00	g
Brake Diced Mixed Peppers (Red and Grn)	50.00	g
Sysco Classic Tomato Paste 1x800g KC1	50.00	g

## Preparation Notes

### Method:

1. Heat the oil in a frying pan until hot, add the oil then onions, carrots, peppers then add the tomatoes and gently simmer
2. Add the garlic, chilli and half of the oregano and cook for 10 minutes, until reduced and thickened. Season to taste, add salt, pepper.
3. Heat the oil, add the chicken and the rest of the oregano and cook through.
4. Combine the sauce with the chicken, heat through until hot.

## Allergen Info

CEREAL GLUTEN	N
CRUSTACEA	N
FISH	N
MOLLUSCS	N
PEANUTS	N
SESAME SEEDS	N
SOYBEAN	N
TREE NUTS	N
CELERY / CELERIAC	N
EGGS	N
MILK	N
MUSTARD	N
LUPIN	N
ADDED SULPHUR DIOXIDE	N
WHEAT	N
BARLEY	N
RYE	N
SPELT	N
KAMUT	N
OATS	N

**I** : YES  
**N** : NO  
**M/C** : MAY CONTAIN  
**U** : UNCLASSIFIED (BY MANUFACTURER/PROVIDER)