

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	1.00	g
Brakes Chopped Tomatoes in Tomato Juice	750.00	g
Brakes Essentials Tomato Sauce	25.00	ml
Brakes Extended Life Rapeseed Oil	7.50	ml
Sysco Classic Oregano	5.00	g
Cooks Garlic Puree	5.00	g
Brake Diced Mixed Peppers (Red and Grn)	50.00	g
Sysco Classic Tomato Paste	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

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