

Looks Like



Ingredients

Ingredient	Quantity	Unit
Curry Sauce Balti 2.5kg Frozen (Vegetarian Society Approved)	500.00	g
Diced Chicken Breast (HALAL)	600.00	g
ONIONS SPANISH	200.00	g
Cooks Garlic Puree	50.00	g

Preparation Notes

Method:

1. Peel and dice the sweet potato and butternut squash then part cook them in the steamer. Do not over cook.
2. Fry the onions in a little oil, cook until golden brown. Add the diced chicken and cook until golden brown.
3. Once the onions and chicken are brown add the garlic and steamed vegetables.
4. Add the Balti sauce to the pan.
5. Simmer until the vegetables are cooked.
6. Serve with chopped coriander on top.

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)