



## Ingredients

Ingredient	Quantity	Unit
ONIONS SPANISH	200.00	g
Cooks Garlic Puree 1x1.2kg	50.00	g
Diced Chicken Breast (HALAL)	600.00	g
Curry Sauce Balti 2.5kg Frozen (Vegetarian Society Approved)	500.00	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.

Serving suggestions: Serve with naan breads or poppadoms and yogurt.

Seasoning: Try using a little vinegar and sugar to balance the acidity of the curry.

## Looks Like

No Image!

## 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)