



# Chicken and Sweetcorn Potato Bake



## Ingredients

Ingredient	Quantity	Unit
Fresh Diced Chicken Meat Light and Dark	700.00	g
Brakes Extended Life Rapeseed Oil	7.00	ml
Brakes Plain Flour	30.00	g
Brakes Vegetable Flavour Bouillon Paste	50.00	g
ONIONS SPANISH	200.00	g
Kerrymaid Premium Baking Packet 40x250g	30.00	g
PARSLEY CURLY	0.10	g
Brakes Sweetcorn	100.00	g
Brakes English Mustard	5.00	g
WHOLE PEELED POTATOES	1000.00	g
2 LITRES SEMI-SKIM (2LTR BOTTLE)	10.00	ml

## Preparation Notes

Method:

1. Fry the onion until soft.
2. Add the diced chicken and cook, once cooked remove the chicken from the pan.
3. Make the roux in the same pan and add the chicken stock to make the veloute/sauce.
4. Once this is cooked out, add the chicken back to the pan with the sweetcorn, chopped parsley, mustard.
5. Prepare the potatoes and cook to make mash for the topping.
6. Heat through the Chicken and then add to the baking tin.
7. Top with mash. Bake in the oven.

Hints/Tips - Garnish with chopped parsley and add slices of tomato about 15 mins towards the end of cooking.

## Looks Like



## Allergen Info

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

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