



Chicken and Sweetcorn Potato Bake

Looks Like



Ingredients

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

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.

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	MC
OATS	N

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