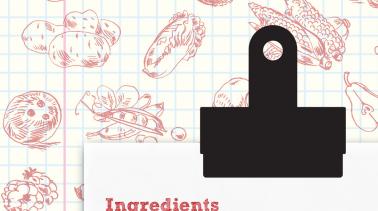


Chicken and Sweetcorn Potato Bake



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

- 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 $\,$
- 4. Once this is cooked out, add the chicken back to the pan with the sweetcorn, $% \left(1\right) =\left(1\right) \left(1\right) \left$ 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.

