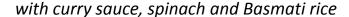
# smooth food

## **CHICKEN THIGH**





## Preparation for 10 portions

## Chicken thigh:

Blend the chicken meat, seasonings, oil and stock to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mass to the boil for one minute. For a more attractive appearance, sprinkle the mould with a little ground paprika before filling. Spoon the hot mass into the "Chicken Thigh" silicone mould, use the lid to spread it evenly in the mould then refrigerate.

#### Spinach:

Blend the spinach, stock and oil to a very fine puree for 5 minutes. Season to taste with salt, pepper and nutmeg. Stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Spinach" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

## Basmati rice:

Blend the Basmati rice, water and oil to a very fine puree for 5 minutes, add the GELEAhot and stir in for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a "Peas" silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

## **Curry sauce:**

Bring the white sauce to the boil with the coconut milk and season to taste.

## Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes. To serve, pour the sauce over the chicken.

## Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.

Ingredients	Chicken thigh
600 g	Fried chicken meat
100 ml	Rapeseed oil
300 ml	Vegetable stock
	Salt, ground paprika
40 g	GELEAhot
Ingredients	Spinach
500 g	Spinach (chopped, frozen)
500 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, pepper, nutmeg
40 g	GELEAhot
Ingredients	Basmati rice
Ingredients  600 g 300 ml	Basmati rice (boiled, cold) Water (cold)
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600 g 300 ml 200 ml 40 g	Basmati rice (boiled, cold) Water (cold) Rapeseed oil GELEAhot
600 g 300 ml 200 ml	Basmati rice (boiled, cold) Water (cold) Rapeseed oil
600 g 300 ml 200 ml 40 g	Basmati rice (boiled, cold) Water (cold) Rapeseed oil GELEAhot
600 g 300 ml 200 ml 40 g Ingredients	Basmati rice (boiled, cold) Water (cold) Rapeseed oil GELEAhot Curry sauce
600 g 300 ml 200 ml 40 g Ingredients	Basmati rice (boiled, cold) Water (cold) Rapeseed oil GELEAhot Curry sauce Instant white sauce

Nutrition facts per 100 g*	
Energy/ Calories	587 kJ/ 140 kcal
Fat of which saturates	10.6 g 1.4 g
Carbohydrates of which sugars	5.4 g 0.5 g
Fibre	2.0 g
Protein	6.0 g
Salt	0.3 g

<sup>\*</sup>Calculated without the sauce



