

## CHICKEN THIGH

with curry sauce, spinach and Basmati rice

### 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

600 g  
100 ml  
300 ml

#### Chicken thigh

Fried chicken meat  
Rapeseed oil  
Vegetable stock  
Salt, ground paprika  
GELEAhot

#### Ingredients

500 g  
500 ml  
30 ml

#### Spinach

Spinach (chopped, frozen)  
Vegetable stock  
Rapeseed oil  
Salt, pepper, nutmeg  
GELEAhot

#### Ingredients

600 g  
300 ml  
200 ml  
40 g

#### Basmati rice

Basmati rice (boiled, cold)  
Water (cold)  
Rapeseed oil  
GELEAhot

#### Ingredients

500 ml  
150 ml

#### Curry sauce

Instant white sauce  
Coconut milk  
Curry powder, salt, pepper

#### 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

\*Calculated without the sauce

