

CHICKEN WING

with curry sauce, spinach and Basmati rice

Preparation for 10 portions

Chicken wing:

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 Wing" silicone mould, use the lid to spread it evenly in the mould then refrigerate.

Spinach:

Blend the frozen 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
400 ml

Chicken breast fillet

Fried chicken meat
Rapeseed oil
Vegetable stock
Salt, 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

