

GRILLED CHICKEN BREAST

*in cream sauce with spinach
and mashed potatoes*

Preparation for 10 portions

Chicken breast:

Blend the chicken meat, stock and cream to a very fine puree, stir in the GELEAhot 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 silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Spinach:

Blend the spinach, cream, butter and vegetable stock to a very fine puree for 5 minutes. Season to taste with salt, pepper, garlic 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.

Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Alternatively, you can use your own homemade mashed potatoes. Serve the mashed potatoes immediately after heating.

Cream sauce:

Make the cream sauce according to your own recipe.

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 cream sauce over the chicken breast.

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
250 ml
150 ml

Chicken breast

Fried chicken meat
Chicken stock
Cream
Salt, pepper, ground paprika
GELEAhot

Ingredients

500 g
400 ml
100 ml
30 ml
40 g

Spinach

Spinach (chopped, frozen)
Vegetable stock
Cream (30%)
Rapeseed oil
Salt, pepper, garlic, nutmeg
GELEAhot

Ingredients

600 g
250 ml
150 ml

Mashed potatoes

Boiled potatoes
Milk (cold)
Melted butter
Salt, nutmeg

Nutrition facts per 100 g*

Energy/ Calories	563 kJ/ 135 kcal
Fat of which saturates	9.4 g 4.7 g
Carbohydrates of which sugars	4.6 g 1.1 g
Fibre	2.7 g
Protein	6.7 g
Salt	0.2 g

*Calculated without the sauce

