

CHICKEN BREAST
 with yellow carrots, Basmati rice
 and parsley sauce

Ingredients	Chicken breast
600 g	Fried chicken meat
100 ml	Rapeseed oil
300 ml	Chicken stock
40 g	GELEAcold
	Salt, paprika

Ingredients	Yellow carrots
750 g	Yellow carrots (frozen)
250 ml	Vegetable stock
40 g	GELEAcold
	Salt, sugar

Ingredients	Basmati rice
500 g	Basmati rice
300 ml	Cold water
200 ml	Oil
40 g	GELEAcold

Ingredients	Parsley sauce
250 ml	Bechamel sauce
250 ml	Cream
5 g	Parsley (chopped)

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. To serve, pour the sauce over the chicken breast.

Nutrition facts for one serving
 (approx. 220 g)

Energy/	1659 kJ/
Calories	396 kcal
Fat	30.5 g
Of which saturates	8.5 g
Carbohydrates	16.7 g
Of which sugars	4.3 g
Fibre	4.3 g
Protein	12.6 g
Salt	0.5 g

Chicken breast:

Blend the chicken meat, oil, stock and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. For a more attractive appearance, sprinkle the silicone mould with a little ground paprika before filling. Pipe the mass into a “Chicken Breast” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Yellow carrots:

Blend the carrots, vegetable stock and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a “Baby Carrots” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Basmati rice:

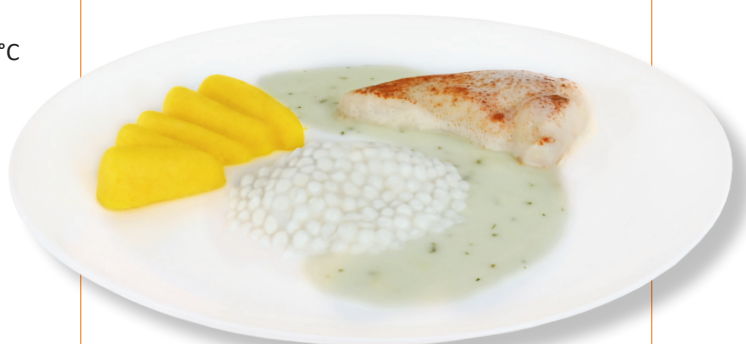
Blend the Basmati rice, water and oil to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a “Peas” silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Parsley sauce:

Bring the Bechamel sauce and cream to the boil and season to taste with parsley.

Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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