

**CHICKEN FRICASSEE**  
*with peas, carrots, asparagus  
 and rice*

Ingredients	Diced chicken
700 g	Cooked chicken
250 ml	Chicken stock
50 ml	Rapeseed oil
40 g	GELEAcold

Ingredients	Peas/carrots
250 g	Peas/carrots (frozen)
100 ml	Vegetable stock
10-15 g	GELEAcold
	Salt, sugar

Ingredients	Asparagus
250 g	Fresh asparagus (cooked)
70 ml	Asparagus stock
20 ml	Melted butter
10-15 g	GELEAcold
	Salt, sugar

Ingredients	Basmati rice
500 g	Basmati rice (boiled, cold)
300 ml	Water (cold)
200 ml	Rapeseed oil
40 g	GELEAcold

Ingredients	White sauce
500 ml	White sauce

Nutrition facts for one serving  
 (approx. 185 g)

Energy/	1029 kJ/
Calories	246 kcal
Fat	16.5 g
Of which	
saturates	3.8 g
Carbohydrates	14.9 g
Of which sugars	1.9 g
Fibre	4.4 g
Protein	7.5 g
Salt	0.4 g

**Diced chicken:**

Blend all the ingredients to a very fine puree then add the GELEAcold and stir in for 20 seconds. Spread the mass in a layer about 1.5 cm high in a rectangular baking tray lined with cling film, freeze and then dice.

**Diced peas/carrots:**

Blend the peas/carrots separately with vegetable stock and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Spread each mass in a layer about 1.5 cm high in a rectangular baking tray lined with cling film, freeze and then dice.

**Asparagus:**

Blend the asparagus with the stock, butter and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe into an "Asparagus" silicone mould with a disposable piping bag, cover with a lid and freeze.

**Basmati rice:**

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

**White sauce:**

Bring the sauce to the boil, season to taste.

**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 rice.

**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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