

Recipe

Unit:	0001	ER SMT
Recipe:	R01428 SMT-P	Med Chicken & Pasta in Tom Sauce (Hopwells)
Group:	Recipes	Recipes
Sub Group	SMT Meat	Meat Dishes.

Ingredient	Amount
TUR/OIL075 Sunflower Oil	300ml
TUR/FFV144 Onions Cooking (W)	1135g
TUR/VGC826 Chopped Tomatoes	3970g
TUR/SAU085 Silbury Pomodoro Sauce (Pouch)	1985g
TUR/SPI188 Mixed Herbs	5tspn
TUR/SPI182 GROUND BLACK PEPPER	5tspn
TUR/BOU137 Gluten Free Vegetable Bouillon Powder	5tspn
HOP/970104 Wilsons Diced Chicken Breast	5700g
TUR/PST379 Triple Lion Penne 4 X 3KG	5000g
TUR/VGC236 Cirio Dbl Concentrate Tom Puree Tube	425g

Yield: 100 Ptn

Portion: None

Method

- 1)Heat oil in a pan and gently fry chopped onions & diced chicken.
- 2)Add chopped tomatoes, tomato puree and Pomodoro sauce. Season to taste with vegetable bouillon, black pepper and mixed herbs and simmer gently.
- 3)Place cooked pasta in a tin and cover with the tomato sauce and serve with the cooked chicken

*This information was correct to the best of our knowledge at the time of publishing. It may be subject to change and should only be used as a guide. Remember always check your ingredients. *

Nutritional Category: None

Nutritional Content Per Standard Size (Ptn, 0g)

Energy (kJ (kJoule	Energy (kc (kcal)	Fat (g)	Satd FA /1 (g)	Carbohydra (g)	NME Sugar (g)
1242.7	297.0	5.2	>0.8	41.9	(30.6)
NSP (g)	AOAC fibre (g)	Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)
>0.2	>2.3	20.4	>0.2	>0.1	>7.8
Vitamin A (µg)	Vitamin C (mg)	Folate (µg)	Sodium (mg)	Salt (g)	Total suga (g)
(7.4)	>5.3	>9.1	15.7	0.0	5.9

FoP Label

Each Med Chicken & Pasta in Tom Sauce (Hopwells) (Ptn)
contains

Energy kJ 1242.7	Energy 297.0	Fat 5.2	Saturates 0.8	Carbohydr 41.9
15%	15%	7%	4%	0%

of an adult's Reference Intake

Typical values (as sold) per 100g: Energy 0.0

Recipe

Information Tags

Allergens

Contains	Cereals containing Gluten
May Contain	Celery
Does Not Contain	Crustaceans Eggs Fish Lupin Milk Molluscs Mustard Nuts Peanuts Sesame Soya Sulphur Dioxide and Sulphites

Sub-Allergens

Contains	Wheat
Does Not Contain	Almonds Barley Brazil Nuts Cashew Nuts Hazelnuts Macadamia Nuts Oats Pecan Nuts Pistachio Nuts Rye Walnuts

Picture: None