

# RECIPE TEMPLATE

**RECIPE NAME:** Chicken with Tomato and Thyme

6 BREASTS + 300ml SAUCE

**CATEGORY:** ENTREE **RECIPE NUMBER:** C-001 **RECIPE YIELD:** 36 BREASTS + 1.8 L SAUCE **SERVING SIZE:** 1 BREAST + 50ml SAUCE

Ingredients	For <u>6</u> servings		For <u>36</u> servings		Preparation Instructions	Notes (e.g. equipment & utensils needed)
	Measure	Weight	Measure	Weight		
Chicken breast – Fresh, boneless and skinless	6 each	750 g	36 each	4.5 kg	1. Brush chicken breasts with canola oil	Silicone brush
Canola Oil	10ml & 2.5ml	10 g and 2.5g	60ml and 15ml	60g & 15g	2. Grill on high heat for 3-5 minutes on one side, flip and finish cooking on medium heat	
Yellow Onions, finely diced	½ Med AP	50 g EP	3 med AP	300g EP	for a further 10 minutes, or until juices run clear.	
Garlic cloves, minced	3-4 cloves	15g	3-4 bulbs	90g	3. Transfer to a sauté pan and finish cooking in a 350 degree oven until internal temperature of chicken is 165 degrees.	Sauté pan
White Wine	90ml		540ml		4. Heat oil in a saucepan over medium heat. Add onions and sauté until lightly browned.	Saucepan
Lemon Juice, fresh squeezed	15ml		90ml			
Diced tomatoes, Brand X, low Sodium, Drained	450ml		2.7L			
Chicken Stock (Sub Recipe)	90 ml		540 ml			

**COOKING METHOD:** STOVE TOP/ OVEN **TIME:** 15 min chicken **TEMPERATURE:** MEDIUM HEAT/350 DEGREES  
**TIME:** 20+ min Sauce

**HOLDING INSTRUCTIONS:** \_\_\_\_\_

**RECIPE TESTING:**  **DATE:** \_\_\_\_\_  **DATE:** \_\_\_\_\_  **DATE:** \_\_\_\_\_



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## SPECIAL INSTRUCTIONS

Place chicken breasts with grill lines showing.  
Vegetables must look fresh.

**PLATING: USE A LARGE WHITE DINNER PLATE. SERVE WITH ONE #6 SCOOP OF RICE (#S-045) AND ONE #6 SCOOP OF STEAMED SEASONAL VEGETABLES. SLICE CHICKEN AND PLACE ON TOP OF THE RICE. LADLE SAUCE OVER CHICKEN COVERING HALF OF IT. GARNISH WITH A SPRIG OF FRESH THYME.**

FOR OFFICE USE ONLY				
Nutrients per serving. Serving size _____ grams.				
Calories		Sodium (mg)		Vitamin A (%DV)
Fat (g)		Carbohydrate (g)		Vitamin C (%DV)
Saturated (g)		Fibre (g)		Calcium (%DV)
Trans (g)		Sugars (g)		Iron (%DV)
Cholesterol (mg)		Protein (g)		
Notes:				