

# Roast Chicken and Parsnip Bake



## Dish Description / Methods:

1. Peel and dice the parsnip, potato and onion.
2. Sweat the onion in a pan in the oil and then add the parsnips. Lightly steam the diced potato for 7 minutes.
3. Add the chicken and seal off in the pan and then add the potatoes.
4. Mix a small amount of the gravy powder with water and add to the pan, with the remaining measured water.
5. When thickened, leave to simmer for 10 minutes.
6. Place into an ovenproof dish.
7. In a bowl rub the flour and margarine together. Chop and add the thyme and crumble the cheese through it.
8. Sprinkle over the top of the chicken mix and bake in the oven at 180C for 20 minutes.

## Allergens:

Gluten, Milk, Soya

This is a sample recipe.

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## Supply Chain

### Ingredients:

Supplier	Supplier Code	Commodity	Quantity Used (10 Portions)	Unit Measurement
Bidfood MTD	98549	Parsnips	500	Grams
Bidfood MTD	99045	Onions White	160	Grams
Bidfood MTD	59512	Everyday Favourites Extended Life Vegetable Oil	40	Grams
Bidfood MTD	75340	Potatoes	250	Grams
-	-	Water	450	ml
Bidfood MTD	34079	Flour	120	Grams
Bidfood MTD	95331	Margarine	100	Grams
Bidfood MTD	75129	Thyme	15	Grams
Bidfood MTD	29715	Mature Grated Cheddar	45	Grams
Bidfood MTD	22212	Bisto Reduced Salt Gravy Granules	40	Grams
Bidfood MTD	25593	Diced Chicken breast	750	Grams

### Nutrition per serving (247g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
<b>Total</b>	326	25	4.1	14	3	24	3.5	0.69
<b>%RNI</b>	16%	10%	5%	20%	15%	48%	14%	12%

**Quality statement:** The details in this document are accurate at the time of production. Nutritional information and allergens are based on products available on the NHS Supply Chain: Food frameworks, and so may differ if you use alternative products to those in the recipe. Please check the labelling on products to confirm details such as allergens. NHS Supply Chain: Food is not responsible for any changes made to the recipes that might generate changes to allergens and nutritional information for example.