



Dish Description / Methods:

1. Marinate the chicken thighs in 150gm of jerk paste then refrigerate ideally overnight or, if this is not possible, for at least 2 hours
2. Defrost the flatbreads, peel and dice the pineapple, wash and shred the lettuce and cabbage before halving the tomatoes.
3. Mix the pineapple with the apricot chutney (see sub recipe) and the remaining jerk paste.
4. Cook the chicken in a preheated oven set to 190°C until a core temperature of 75°C is achieved. Then shred the chicken, keep warm and set aside.
5. Place the cabbage on the flatbread followed by the chicken, chutney, lettuce and tomatoes before adding picked coriander to serve.

Allergens:

Celery (May Contain), Gluten

(please see Apricot Chutney recipe card for further allergens)

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

Jerk Chicken Flatbread

Supply Chain

Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	44116	KNORR JAMAICAN JERK PASTE	2300	Gram	150
Bidfood MTD	71438	FARMSTEAD CHICKEN THIGHMEAT SKINLESS 80-100 2X5KG GAS	10000	Grams	1250
Bidfood MTD	38570	HOLLYLAND 12IN KHOBEZ FLAT BREAD	75	Each	10
Bidfood MTD	75491	PINEAPPLE MEDIUM	10	Each	0.25
Bidfood MTD	44116	KNORR JAMAICAN JERK PASTE	2300	Gram	50
Bidfood MTD	75002	WHITE CABBAGE SHREDDED	2500	Grams	200
Bidfood MTD	75069	COS LETTUCE	10	Each	1
Bidfood MTD	71266	RED CHERRY TOMATO LOOSE	8000	Grams	125
Bidfood MTD	75256	BB - CORIANDER	100	Grams	20
		APRICOT CHUTNEY (SEE SUB RECIPE)			

Nutrition per portion (Excluding Apricot Chutney) (166 gm) :

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	603.6	83.8	12.3	10.6	1.0	41.5	10.6	1.0
%RNI	30%	32%	14%	15%	5%	83%	35%	17%

Quality statement: The details in this document are accurate at the time of production on 05 July 2021. Products may change over time and updates can be found on our website at www.supplychain.nhs.uk/categories/food Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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