

# Pomodoro Penne Pasta

## Supply Chain



### Ingredients

| Supplier   | Supplier Code | Ingredient                       | Unit Measurement | Quantity to Use –<br><u>10 portions</u> |
|--|---------------|----------------------------------|------------------|---|
| Bidfood<br><i>Available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework</i> | 75456         | Onion white                      | Grams            | 400                                     |
| Bidfood  | 3444          | vegetable oil                    | MI               | 20                                      |
| Bidfood  | 75682         | basil                            | Grams            | 20                                      |
| Bidfood  | 75325         | Red cherry tomatoes              | Grams            | 600                                     |
| Bidfood  | 42581         | chopped tomatoes in tomato juice | Grams            | 600                                     |
| Bidfood  | 41116         | vegan chicken fillet pieces      | Grams            | 900                                     |
| Bidfood  | 94992         | Sunflower seeds                  | Grams            | 20                                      |
| Bidfood  | 70384         | crushed chillies                 | Grams            | 5                                       |
| Bidfood  | 46574         | Garlic puree                     | Grams            | 30                                      |
| Bidfood  | 70490         | penne pasta                      | Grams            | 600                                     |

## Pomodoro Penne Pasta

### Method:

1. Defrost the vegan chicken fillet pieces overnight on a tray in the fridge, labelled correctly (if needed).
2. Cook the penne pasta as per manufactures instructions, drain and refresh.
3. Prepare and finely dice the onions.
4. Cut the tomatoes into halves.
5. Prepare the basil and chop as required.
6. Lightly toast the sunflower seeds in a dry pan.
7. Heat the oil and slowly cook the onions for 10 minutes with no colour. Add the garlic and cook for a further 2- 3 minutes.
8. Add the vegan chicken fillet pieces and cook in the onion mix for 2-3 minutes.
9. Add the fresh tomatoes and cook for a further 5 minutes.
10. Add tinned tomatoes and chilli flakes and the cooked penne and simmer for a few minutes. Ensure core temperature has been reached: 75°C.
11. Place into a serving bowl and finish with the sunflower seeds and basil.

### Nutrition per portion:

|              | Kcal  | Carbohydrates | Sugar | Total Fat | Saturates | Protein | Fibre | Salt |
|--------------|-------|---------------|-------|-----------|-----------|---------|-------|------|
| <b>Total</b> | 228.6 | 12.6          | 5.6   | 7.7       | 0.7       | 23.6    | 11.4  | 0.6  |
| <b>%RNI</b>  | 11%   | 5%            | 6%    | 11%       | 3%        | 47%     | 38%   | 11%  |

### Allergens:

Celery (May Contain), Gluten, Egg (May Contain), Mustard (May Contain), Sesame Seeds (May Contain), Soybean.

**Quality statement:** The details in this document are accurate at the time of production on 9 April 2021. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain Food framework, and so may differ to those you use for this recipe. ***Please do check labelling on products to confirm details, for example allergens.***