

SERVED WITH LOVE CRISPY FRIED CHICKEN

BREADED CHICKEN

Yield: ± 3 kg (Makes half insert)

60 g
250 ml (1 cup)
3 kg
400 g

Egg-Free Dip R/P (06009010)
Water (to make the egg-free dip)
Chicken, portions
Chicken Breading R/P (08469930)

Method:

- Mix together the Egg-Free Dip R/P and water.
- Dip the chicken into the egg-free dip and coat with the Chicken Breading R/P.
- Place the coated chicken into a fryer with the basket fully submerged in the oil. Do not stack the chicken in the basket. Deep-fry in batches at 160°C for ± 14 - 16 minutes or until golden brown and cooked through. Alternatively pressure-fry for ± 12 - 14 minutes.

CREAMED SPINACH

Yield: ± 2 kg (Makes half insert)

1 kg (± 50 leaves)
90 ml (6 Tbsp)
300 g (2 medium)
1.25 l (5 cups)
200 g (1 sachet)

Spinach, shredded
Oil, for frying
Onions, finely chopped
Milk
Creamed Spinach R/P (08448026)

Method:

- Blanch the spinach in boiling water, drain well and set aside.
- Heat the oil in a large pot and fry the onions until soft and transparent.
- Mix together the milk and the Creamed Spinach R/P and add to the onions.
- Simmer for ± 5 - 8 minutes, stirring continuously, until the mixture has thickened.
- Add the drained blanched spinach and mix through. Serve hot.

INSTANT MASH POTATO & GRAVY

Yield: ± 3.1 kg (Makes half insert)

Instant Mash

1.8 l (7¼ cups)
400 g (1 sachet)

Milk/Water, boiling
Instant Mash Potato R/P (08511040)

Method:

- Add the boiling milk/water to the Instant Mash Potato R/P.
- Gently mix together until smooth.

Gravy

1 l (4 cups)
90 g (1 sachet)

Water
Brown Gravy R/P (08452027)

Method:

- Mix together the water and Brown Gravy Sauce R/P in a saucepan.
- Bring mixture to the boil, stirring continuously.
- Reduce the heat and simmer until thick.
- Por gravy over the mashed potato to serve.