



Chicken Fingers, Plum Sauce, Potatoes & PEI Mixed Vegetables





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Recipe Items:	1 Portion	5 Portions
PE Chicken (PE#21735)	#10 scoop (95 gm)	475 gm (16.8 oz)
PE Whole Wheat Bread (PE#21764)	#24 scoop (40 gm)	200 gm (7.1 oz)
Plum Sauce	15 mL (1 Tbsp)	75 mL (2.5 fl oz)
Mashed Potatoes, Smooth	#8 scoop (118 mL)	590 mL (20 fl oz)
PE Green Beans (PE#21737)	#8 scoop (118 gm)	590 gm (20.8 oz)
PE Carrots (PE#21734)	15 mL (1 Tbsp)	75 mL (2.5 fl oz)
PE Spinach (PE#21743)	15 mL (1 Tbsp)	75 mL (2.5 fl oz)

1 cm chub slice = approx. 40gm, 1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Combine #10 scoop of PE Chicken mousse with #24 scoop (40 gm) of PE Whole Wheat bread. Mix together and scoop onto a service plate.

Add a #8 scoop (118 mL) of smooth mashed potatoes beside the chicken mixture on the service plate.



3. Add #8 scoop (118 gm) of PE Green Bean mousse in the last third of the plate.



4. Add 15 mL (1 Tbsp) of each PE Carrot mousse and PE Spinach on top of the PE Green Bean mousse.



5. Finish the dish with 15 mL (1 Tbsp) of plum sauce on top of the chicken mixture and serve.

Serve hot

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

