



Chicken Pot Pie Recipe



SHALITFOODS
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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	#24 Scoop (40 gm)	200 gm (7.1 oz)
PE Chicken (PE#21735)	#20 Scoop (50 gm)	250 gm (8.8 oz)
PE Carrot (PE#21734)	2 Tbsp (30 ml)	150 gm (5.3 oz)
PE Green Pea (PE#21738)	2 Tbsp (30 ml)	150 gm (5.3 oz)
Chicken Gravy	1 fl oz (30 ml)	150 ml (5 fl oz)

Nutritional analysis presented contains only these ingredients

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.



2. Plate the #24 Scoop (40 gm) of whole wheat bread. With the back of the scoop, create a small depression or divot in the centre of the whole wheat bread (pot pie base).



3. Place the #20 Scoop (50 gm) of chicken mousse on top of the bread.

If cold plating, make sure to spread out so the plate cover can fit tight.



4. Using a spoon, evenly cover the chicken mousse with small mounds of 2 Tbsp (30 ml) of carrot and 2 Tbsp (30 ml) of green pea mousse vegetables.



5. Finish the pot pie with 1 fl oz (30 ml) of chicken gravy.



Garnish with spinach mousse for color as desired (spinach not included in nutritional analysis).

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

Options: alter vegetables as desired.
For additional flavours and variety, add ground herbs.

Nutrition Facts Valeur nutritive	
Per 1 plate (176g) / par 1 plate (176g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	240
Fat / Lipides 12g	18%
Saturated / satures 4g	
+ Trans / trans 0g	20%
Cholesterol / Cholesterol	25mg
Sodium / Sodium	650mg
	27%
Carbohydrate / Glucides	21g
	7%
Fibre / Fibres 3g	11%
Sugars / Sucres 5g	
Protein / Proteines	15g
Vitamin A / Vitamine A	11%
Vitamin C / Vitamine C	4%
Calcium / Calcium	6%
Iron / Fer	20%

