

Pomegranate Chicken Skewer

Supply Chain



Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Used 10 portion
Bidfood	75187	Green Chillies	Grams	25
Bidfood	50396	Cracked Black Pepper	Grams	10
Bidfood	70308	Diced Chicken Thigh	Grams	1400
Bidfood	30271	Garlic Puree	Grams	40
Bidfood	92917	Moroccan Mari Base	Grams	20
Bidfood	55353	Pomegranate Seeds	Grams	30
Bidfood	45999	Greek Style Natural Yoghurt	Grams	50

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

Most products are available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework.

Pomegranate Chicken Skewer

Method

1. Soak 10 large wooden skewers in cold water for a minimum of 2 hours.
2. Roughly chop the chillies and place into a food processor with the garlic puree, yoghurt and Moroccan mari base. Blitz until smooth.
3. Coat the chicken in the marinade and place in a refrigerator for 2 hours or ideally overnight.
4. Preheat a grill pan on a high heat. Skewer the marinated chicken thigh and place onto the grill pan ensuring a good caramelization has been achieved on all sides.
5. Ensure the core temperature of the chicken is at least 75°C.
6. Rest for 2-3 minutes then serve with a sprinkle of pomegranate seeds.

Nutrition per portion (301g):

	Calories	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	273 kcal	1.7g	0.97g	18.63g	5.36g	24.6g	0.14g	0.45g

Allergens:

Milk

Quality statement: The details in this document are accurate at the time of production on 22 April 2022. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain: Food framework, and so may differ if you use alternative products to those in this recipe. **Please do check the labelling on products to confirm details, for example, allergens.**

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