

Oven Roasted Chicken & Vegetables Baguette Mediterranean Style with Flora Original



Ingredients (10 portions)

Amount	Measure	Name
600	g	Chicken breast, skinless cooked & sliced
200	g	Red peppers large chunks
200	g	Red onions , quartered
5	g	Knorr Professional Basil Puree 750g
5	g	Knorr Professional Garlic Puree 750g
10	pc	Baguettes
120	g	FLORA Original 12x1kg

Preparation

Advance preparation

Pre heat an oven to 220°C (425°F) Gas 7. Prepare ingredients as directed.

Method

1. Wash, dry and prepare all the vegetables as required, brush in the basil paste. Place on a roasting tray and oven roast for 5-7 minutes. Drain, cool completely.
2. Flatten the chicken breast, brush on the garlic paste and grill or cook in the oven thoroughly. Chill rapidly, place in a storage dish, cover, label and refrigerate until required for use.
3. Split the baguettes and spread with FLORA.

4. Layer on the sliced cooked chicken breast followed by the oven roasted vegetables.

Handy hint:

The Baguette can be served hot.

Nutrition Tip

Added salt is not recommended but if used keep to a minimum. If using oil use an unsaturated (olive or sunflower) and reduce the quantity used where possible.