

Sweet & Sour Peri Peri Chicken

Full of flavour and bursting with freshness, this dish is sure to delight.

Method

Ingredients	%	Example Batch (g)
1 CHICKEN BREAST	33.0%	330
2 PINEAPPLE JUICE	33.0%	330
3 HOT PERI PERI SAUCE 2.5KG PAIL, SJ# MM13902	13.0%	130
4 RED ONION	7.0%	70
5 DICED BELL PEPPERS	13.0%	130
6 TOMATO PUREE	1.0%	10
	100%	1,000

- 1 Mix together the pineapple juice, tomato puree and sauce in a. bowl
- 2 Combine the ingredients and mix well

Cooking Suggestion

Place in a frying pan and fry until the chicken is cooked thoroughly. Alternatively oven cook at 180 degrees for 20-30mins.

Serving Suggestion



Remember you can buy all your Ingredients, Packaging, Sundries and Machinery at competitive prices at www.scobiesdirect.com

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