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Chicken Breast with Sage & Onion Stuffing

Pan roasted chicken breast with sage & onion stuffing, pigs in blankets with red wine gravy

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 130413	Brakes Gluten-Free Stuffed Chicken Breast Fillet	1	ea	Cook to order or pre stage
F 120676	Brakes Gluten Free Pork Chipolata's Wrapped in Bacon	2	ea	Cook to order or pre stage
F 128742	Brakes Beef and Red Wine Gravy	1	ea	Cook to order or pre stage
C 74063	Watercress	5	g	

Allergens Contained in this recipe

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	Yes
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	No	Kamut	No
Peanuts	No	Gluten	No

Method**Estimated Cooking Time: 0**

- 1 Heat pan with a little oil, seal & colour chicken breast. Once sealed add chipolata
- 2 Place in oven 200°C approx. 8-10 mins until core temp is achieved. Allow to rest before serving
- 3 Heat the sauce
- 4 Arrange the cooked meats on plate
- 5 Drizzle with red wine gravy, garnish with watercress & serve

Nutrition (pre-cooking)

Energy per Portion (kcal)	668.3
Energy per Portion (kj)	2787.3
Protein per Portion	51.1
Carbohydrate per Portion	24.8
Sugars per Portion	9.1
Fat per Portion	39.9
Saturates per Portion	14.1
Fibre per Portion	1.2
Salt Equivalent per Ptn	3

* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No