

Neild

Ready Meal Recipes

Moroccan Chicken

At Neild & Co. we have reviewed the evolving needs of Australian consumers and engaged our in-house chef to create a range of value added recipes that can be put together by retail butchers quickly and easily which are designed to save your customers time and solve their meal dilemmas.

Create this delicious and exceptionally easy Ready Meal using Ramasa marinade and our Ovenable CPET Trays.

INGREDIENTS

Ramasa Moroccan Marinade H80R - 1x cup
 Chicken - 1.5KG
 Sweet Potato - 200G
 2x Medium Potatoes
 Brown Lentils - 1x tin
 Couscous - 1x packet
 Kalamata Olives - 1/4 cup
 1x Sliced Lemon
 Baby Spinach - 1/2 cup
 Cracked pepper
 Ovenable CPET Trays
 Antifog Lidding Film

Yields four meals for two.



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BUTCHER - PREPARATION METHOD

- 1) Prepare couscous as per packet and chill
- 2) Dice sweet potato and sweet potato and par boil for 5 minutes - drain
- 3) Bone out chicken and cube into 5cm pieces
- 4) Chop baby spinach into thin shreds
- 5) With a fork, fluff up couscous and separate grains, then add drained lentils and spinach and set aside
- 6) In a bowl combine chicken, potatoes, olives and mix through Ramasa Moroccan Marinade
- 4) Place everything in a divided Ovenable CPET Tray and garnish with sliced lemon & capsicum
- 5) Seal with Antifog lidding film.

CUSTOMER - INSTRUCTIONS FOR COOKING

- 1) Heat oven to 180 degrees
- 2) Place entire meal on a tray in oven & bake for 30 minutes on the middle rack
- 3) Rest for five to ten minutes, remove film & serve.

