

Tomato Garlic Chicken







Recipe Rating	
Total Time	75 Minutes
Cooking Time	50 Minutes
Total Labour	25 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board Spatula/Spoon Mixing Bowl or Pan ½ size- 2" deep production pans Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (122g) / par 1 serv (122g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 4g	6%
Saturated / satures 2g + Trans / trans	
Cholesterol / Cholesterol 50mg	
Sodium / Sodium 130mg	5%
Carbohydrate / Glucides 3g	1%
Fibre / Fibres less than 1g	3%
Sugars / Sucres 2g	
Protein / Proteines 17g	
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	15%
Calcium / Calcium	4%
Iron / Fer	6%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Feta Cheese, Crumbled	200 gm	7.1 oz	400 gm	14.2 oz
Roma Tomatoes, Fresh, Diced	1.5 Kg	3.3 Lbs	3 Kg	6.6 Lbs
Onions, Fresh, Diced	85 gm	3 oz	170 gm	6 oz
Cilantro, Fresh, Chopped	4 mL	0.8 tsp	2 gm	1.6 tsp
Garlic, Fresh, Minced	3.5 mL	0.7 tsp	4 gm	1.4 tsp
Olive Oil, Extra Virgin	15 mL	1 Tbsp	30 mL	2 Tbsp
Chicken, Breast Strips, Cooked	1.25 Kg	2.8Lbs	2.5 Kg	5.6 Lbs

Method	
	<p>1. Wash Roma tomatoes and cilantro. Peel onions and garlic. Dice Roma tomatoes and onions. Finely chop cilantro. Mince garlic.</p> <p>Replace cilantro with parsley is desired.</p>
	<p>2. In a large bowl, combine all ingredients except for the chicken. Set aside in the refrigerator until plating/portioning.</p>
	<p>3. Bulk: in ½ size- 2” deep production pans portion out 50gm of chicken and place 70 gm of tomato filling on top of each portion. Cover with plastic wrap and aluminum foil. Place pan in Multigen for 50 minutes.</p> <p>Cold Plating: on a service plate, portion out 50gm of chicken and place 70 gm of tomato filling on top of chicken. Add a side to the dish. Place on the hot side of the tray to retherm prior to service.</p>
	<p>4. Bulk: remove from Multigen and serve with a side dish.</p> <p>Serve Hot.</p>
<p>Garnish: Finely chopped herbs, like parsley or cilantro</p>	
<p>Food Accompany: Any appropriate side dishes</p>	