



## 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) <b>or</b> Tray Service Retherm Cart	

### Nutrition Facts Valeur nutritive

Per 1 serv (122g) / par 1 serv (122g)

Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	120
Fat / Lipides	4g 6%
Saturated / saturés	2g
+ Trans / trans	
Cholesterol / Cholesterol	50mg
Sodium / Sodium	130mg 5%
Carbohydrate / Glucides	3g 1%
Fibre / Fibres	less than 1g 3%
Sugars / Sucres	2g
Protein / Protéines	17g
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	15%
Calcium / Calcium	4%
Iron / Fer	6%

# Tomato Garlic Chicken

	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



1. Wash Roma tomatoes and cilantro. Peel onions and garlic. Dice Roma tomatoes and onions. Finely chop cilantro. Mince garlic. Replace cilantro with parsley if desired.



2. In a large bowl, combine all ingredients except for the chicken. Set aside in the refrigerator until plating/portioning.



3. **Bulk:** in  $\frac{1}{2}$  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.

**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 reheat prior to service.



4. **Bulk:** remove from Multigen and serve with a side dish.

Serve Hot.

Garnish: **Finely chopped herbs, like parsley or cilantro**

Food Accompany: **Any appropriate side dishes**