



**QUICK FRY**
MEAL KIT

CHILLI, LEMON & TORIANDER CHICKEN

MEAL KIT

INGREDIENTS

Chicken *(diced)*

Verstegen Lemon & Coriander Sauce

Verstegen Ginger Lemon & Chilli World Grill

Red Onion *(diced)*

Mixed Peppers *(diced)*

Lemon *(thinly sliced & halved)*

MEAL KIT FOILS USED

- Large Foil, 1 x Large Foil Insert & Lid.

METHOD

- Spoon 300g of Sauce into a large foil insert and place in the tray.
- Coat the chicken with 10% World Grill *(extra usage to coat veg when cooking)*.
- Place 400g of the chicken and 250g of the red onion and peppers into the tray.
- Garnish the Sauce with lemon.
- Add the lid, label and display.

COOKING GUIDE

- STEP 1 - Sear the meat.
- STEP 2 - Toss in the vegetables.
- STEP 3 - Finish with the sauce & simmer for 3-5mins.

Please note that all recipes and cooking instructions are intended as a guideline only.

Aberdeen	01224 723 550	Newport	01633 898 150
Bellshill	01698 749 595	Haverhill	01440 710 060
Newcastle	0191 496 2680	Newbury	01635 265 160
Chorley	01257 226 000	Exeter	01395 234 970
Leeds	01977 210 230	Ashford	01233 612 220
Stockport	0161 406 7272	Manchester	0161 945 8050
Nottingham	0115 950 6800		
West Midlands	01384 230 012		

www.dalziel-online.co.uk

Beyond THE
BLOCK