



Geschmack & Technologie

SOFIT High Protein Marinade Gyros auf Hähnchenbrust

Recipe number:

ER2400809

Raw material:

1000 g Chicken breast fillet sheer

Spices & processing aids:

120 g SOFIT High Protein Marinade Gyros 4400900

Processing sequence:

Marinate the chicken breast with 120 g Sofit High Protein Marinade Gyros per kg.

Cook over a medium heat, possibly using an aluminum grill tray or in a pan, for approx. 3 - 5 minutes per side, depending on thickness. Roast in a preheated oven at 160 - 180 °C for approx. 10 - 12 minutes.

Ingredients:

chicken breast fillet, water, salt, pea protein, rapeseed oil, onions, brandy vinegar, herbs, spices, spice extracts

Nutrition declaration:

energy value	425kJ
energy value	100kcal
fat	1,3g
saturates	0,3g
carbohydrate	0,4g
sugar	0,2g
polyols	0,0g
protein	21,7g
sodium	0,5g
salt	1,3g

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