



Geschmack & Technologie

SOFIT High Protein Marinade Garden Herbs on Chicken Breast

Recipe number:

ER2400596

Raw material:

1000 g Chicken breast fillet sheer

Spices & processing aids:

120 g SOFIT High Protein Marinade 4379300
Garden Herbs

Processing sequence:

The chicken breast fillets are marinated with 120g Lafiness Curry yellow 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 89.3 %, water, salt, rapeseed oil, pea protein, spices, brandy vinegar*, herbs

* of controlled organic cultivation

DE-ÖKO-001

Nutrition declaration:

Calorific value kJ	433KJ
calorific value kcal	102Kcal
fat	1,6g
saturates	0,3g
carbohydrate	0,3g
sugar	0,1g
polyols	0,0g
protein	21,7g
sodium	0,5g
salt	1,3g

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