



**Geschmack & Technologie**

## **SOFIT High Protein Marinade Paprika on chicken breast**

### **Recipe number:**

ER2400597

### **Raw material:**

1000 g Chicken breast fillet sheer

### **Spices & processing aids:**

120 g SOFIT High Protein Marinade 4379200  
Paprika

### **Processing sequence:**

The chicken breast fillets are marinated with 120g Lafiness Sofit High Protein Paprika marinade.

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

### **Nutrition declaration:**

Calorific value kJ	436KJ
calorific value kcal	103Kcal
fat	1,6g
saturates	0,3g
carbohydrate	0,4g
sugar	0,3g
polyols	0,0g
protein	21,7g
sodium	0,5g
salt	1,3g

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