

BirdsEye

FOODSERVICE

GREEN CUISINE

powered by plants

**'OODLES OF NOODLES'
WITH
CHICKEN-FREE DIPPERS**





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Recommended Age Group:
Juniors 8 - 11 years old

Crispy baked Dippers served on top of soft noodles mixed with BirdsEye garden peas and strips of red / yellow sweet peppers with a light Hoisin sauce.

INGREDIENTS

2 x Pkts of Green Cuisine Chicken-Free Chicken Dippers

- 500g Birds Eye Peas
- 1 x Red, 1x Yellow & 1 x Orange Pepper
- 1 x Head of washed Pak Choi
- 1 x Pkt of Medium Egg Noodle or for a Vegan Offer these can be substituted for a rice noodle option
- 1 x Jar of light 350 /450g Hoisin Sauce
- 10g Olive Oil

METHOD

Pre-Heat an oven to 210°C and if you're using a combi oven have the humidity setting to as dry as possible.

Place a large pan of water onto the hob with a tight-fitting lid and bring to the boil.

Whilst you are waiting for the water to heat up you can prepare the peppers – cut each in half remove the seeds and the white inner membrane. Slice them as thinly as possible – lengthways and set aside.

Once the water is boiling place your Chicken-Free Dippers onto a tray or if possible, a gastro style “fry basket” these baskets help to disperse the moisture and stop the great crispy coating on the dippers from sticking. Place the frozen Dippers into the hot oven for approx 10 minutes.

Straight away drop your noodles into the boiling pan of water and take off the heat keeping the lid on.

Take another pan – heat the 10g of olive oil and when hot, drop in the sliced peppers and cook through quickly just to soften.

Once the oven timer is alarming (10 minutes) – remove from the oven.

Drain the noodles, and add the peppers and mix through to give the colour of the shredded peppers into the egg (or rice noodles). Place into the service container and drizzle with the Hoisin Sauce.

Finally place the Crispy Chicken-Free Chicken Dippers on top before serving.