

Grilled Italian Chicken with Potato Mash (serving 10pax)

<u>Secondary School (per serving)</u> 150gm Mash Potato 70gm Skinless Grilled Chicken 50gm Carrots & Peas	<u>Primary School (per serving)</u> 75gm Mash Potato 70gm Skinless Grilled Chicken 50gm Carrots & Peas
<u>Ingredient (For Chicken)</u> 1.2kg Skinless Chicken Boneless Thigh 10gm Dried Oregano 10gm Dried Rosemary Pinch of Fine Salt 3gm Black Pepper 10gm Lemon Juice 5gm Cooking Oil	
<u>Ingredient (For Mash Potato)</u> 800gm Potato – scrub, washed and peeled and mashed in a bowl, add egg and mix 1.5 Tablespoon Mince Garlic Pinch of Fine Salt 1 Egg Yolk 1.5 Tablespoon Water 600gm Green Pea – boiled and drained 400gm Carrot – boiled and drained	
<u>Method</u> 1) Cut chicken to required weight and put in bowl 2) Add oregano, rosemary, salt, lemon juice, cooking oil, black pepper 3) Transfer to tray and bake at 200Deg Cel. For 15min 4) Heat up pan and add cooking oil and garlic 5) Add browned garlic into mash potato bowl and mix well 6) Serve with Green Pea and Carrot	