

Filled wrap with Chicken Goujons



Recipe idea

Ingredients for one wrap:

- 3 Foodworks Chicken Goujons (art. no. 24080)
- 1 Wrap made from natural or wholegrain flour (ready-made)
- 40 g Green pea spread (see basic recipe, reverse side)
- 5 g Pistachios, peeled, chopped
- 30 g Iceberg lettuce, julienne and whole leaves
- 40 g Onion jam (see basic recipe, reverse side)
- 40 g Brie cheese, sliced
- 20 g White BBQ sauce (ready-made)
- 15 g Carrot, julienne
- Salt, pepper
- 25 g Sweet potato chips (see basic recipe, reverse side)

	Cost of sales	
plus Overhead costs (in %)		
plus Profit (in %)		
	Basic price	
plus Personnel costs (in %)		
	Net price	
plus VAT (in %)		
	Calculated sales price (gross)	

Preparation:

1. Prepare the chicken goujons.
2. Warm the wrap and spread with pea spread. Place pistachios, iceberg lettuce julienne and onion jam on top. Then place three slices of brie and three chicken goujons. Put BBQ sauce and carrots on top and cover everything with two whole iceberg leaves. Carefully roll up the wrap and cut diagonally.
3. Arrange on a serving plate and serve with sweet potato chips.



Calculation aid for the menu:

For a simple calculation, please enter the prices (in €, net) or surcharges (in %):



Preparation Options*:



Deep fat fryer
180 °C, 3–3,5 Min.



Combi steam oven
200 °C, 100 %, 12 Min.



High speed oven

	Tempe- rature	Time (Min.)	Fan	Micro- wave
1.	275 °C	01:30	65 %	55 %
2.	275 °C	00:30	20 %	10 %

* The preparation time may vary depending on the device performance.

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Basic recipe for 6 wraps:

Green pea spread with maple syrup

500 g Peas, frozen
1.250 ml Water
Salt, pepper
70 g Maple syrup
70 ml Mayonnaise

Cost of sales
Cost of sales for 1 portion

Preparation:

1. Boil the peas in salted water until soft. Then drain and leave to cool.
2. Puree the peas with maple syrup and mayonnaise and season with salt and pepper.

Onion jam

500 g Onions, peeled, sliced
50 g Olive oil
100 g Sugar
100 ml Port wine
250 ml Red wine
250 ml Grenadine syrup
Salt, pepper

Cost of sales
Cost of sales for 1 portion

Preparation:

1. Fry the onion slices in olive oil until translucent.
2. Add sugar, port, red wine and grenadine syrup. Stir well and simmer over low heat until all the liquid has reduced.
3. Season with salt and pepper and leave to cool.

Sweet potato chips

200 g Sweet potatoes, with skin, washed
Frying oil
Salt

Cost of sales
Cost of sales for 1 portion

Preparation:

1. Cut sweet potatoes lengthwise into very thin slices with a meat slicer.
2. Place in hot frying oil and deep-fry until lightly dark yellow and crispy (not brown). Remove from the hot oil and drain.
3. Sprinkle with regular salt or rock salt.