


Chicken Meal



eikon® e4s

 **03:00**





This recipe is available for:

• **eikon® e4s**



Accessories:

e4s Solid Base Tray Full Size 32Z4086




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 **275 °C**
 **Chilled 4°C**
 **1 Portion**
 **From Raw**




Stage 1

 **01:00**
 **30 %**
 **80 %**

Stage 2

 **01:00**
 **20 %**
 **0 %**

Stage 3

 **01:00**
 **70 %**
 **60 %**

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Ingredients

170.1 g Barber Foods Chicken
Cordon Bleu, Thawed
 56.7 g Yellow squash
 28.35 g Red Onion
 28.35 g Red Bell Pepper
 56.7 g Small Fingerling Potatoes
halved
 1 tbs Fresh Thyme rough
chopped
 1 pinch Kosher Salt
 1 pinch Fresh Cracked Black Pepper
 2 tbs Extra Virgin Olive Oil

1. Food Preparation

Defrost the chicken over night and reserve. Clean and dice all vegetables to a large dice and reserve. In a medium bowl combine vegetables and potatoes with salt, pepper, thyme, olive oil and reserve. Place seasoned vegetables and chicken (Flat side down) on the tray separately. Making sure vegetables are in an even layer.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve.