

CATEGORY	:	Non-Breaded
PRODUCT NAME	:	Chick*n Strips

PRODUCT DESCRIPTION:


Tasty succulent strips. The most versatile Mighty product. Drop them into any meal to seal the deal.

Just waiting to absorb any flavour the chef decides to give them!

ADDITIONAL INFORMATION:
INGREDIENTS:

Water, 11% gluten (**wheat**), 8% pea protein isolate, starch (**wheat**, potato), vegetable oil (sunflower), thickener (methylcellulose, carrageenan), natural flavouring, salt

Allergens in **bold**

EQUIPMENT

1. 2-sections contact grill or combi oven (Rational)
2. Baking tray
3. Baking sheets
4. Basin / Bowl
5. Oil bottle
6. Tweezers
7. Holding Cabinet

PREPARATION - COOKING PROCEDURE

- Store in the freezer at -18 °C degrees. Do not refreeze.
- When opening the box, carefully open the plastic bag. Select the quantity needed for cooking and reseal carefully. If needed, re-pack product in air-tight packaging.
- Recycle original packaging.
- Place the required quantity onto a tray and get ready to cook.

Cooking method 1 (oven baked from frozen):

- Place baking paper on a flat baking sheet.
- Place Mighty Chick*n Strips in a basin and add 5% of olive oil / amount of product, mix well. Then place oiled product on the baking sheet. Don't overcrowd the sheet or overlap strips.
- Set temperature at 180 °C – air baking.
- Bake for a total of 20 minutes or until golden, turning the strips halfway through. Add oil if deemed necessary.

Cooking method 2 (grill or pan fry from frozen):

- Place Mighty Chick*n Strips on the grill or pan.
- Grill / pan for 1-2 minutes, turning frequently to defrost.
- Add oil, continue to grill / pan for 6+ minutes, turning when needed, until golden.
- Serve or place cooked Mighty Chick*n Strips on a holding tray.

- Retain hot at 60 °C for up to 4 hours.

Cooking method 3 (grill or pan fry defrosted 10-20 minutes prior cooking depending on quantity):

- Oil grill or pan.
- Place oiled Mighty Chick*n Strips on the grill.
- Grill / pan for 6+ minutes turning frequently.
- Serve or place cooked Mighty Chick*n Strips on a holding tray.
- Retain hot at 60 °C for up to 4 hours.

Pro tip: Note that depending on the oven / fryer you use (temp, gas or electric), the cooking temperature and time can vary.

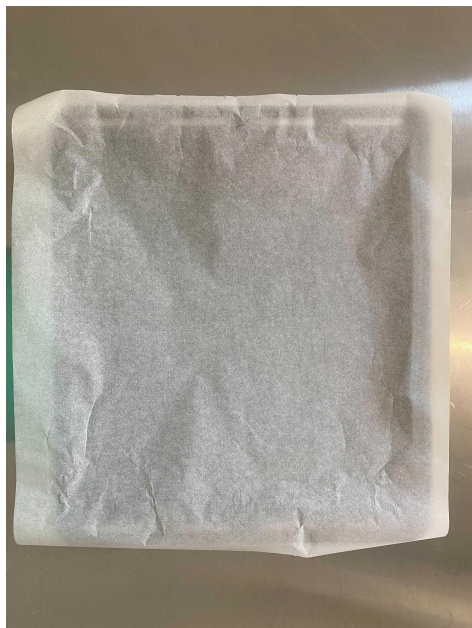
Pro tip: In all cooking methods, the level of char depends on your oven / griddle heat level. Also, the more char on the Mighty Chick*n Strips, the more the product will feel and taste like real chicken. - be careful not to dry it out - .

Serve immediately after resting. If the strips will be placed in a holding cabinet after cooking, do not push the char level far whilst cooking.

Ask your market executive for recipes using the Mighty Chick*n Strips.

For more inspiration check you our YouTube Channel - <https://www.youtube.com/@themightykitchen8385>

Photo guide for oven baking Mighty Chick*n Strips:



Place baking paper on a flat baking sheet.



Place strips on a baking sheet. Don't overcrowd the sheet or overlap strips. (we recommend adding oil to the product for better taste and texture - 5% of total product weight)



Bake @ 180 °C for 10 minutes.



Turn the strips.

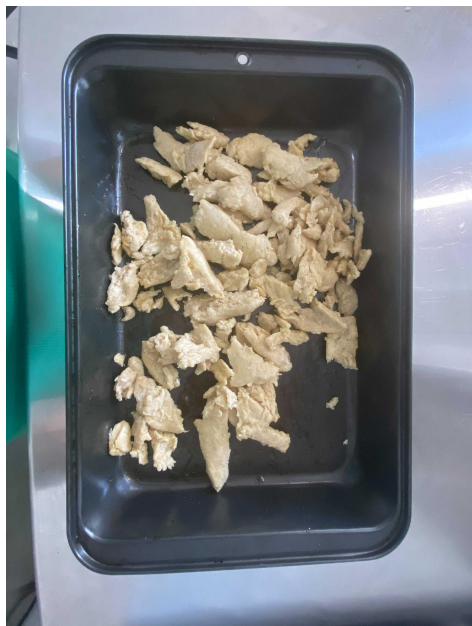


Bake for a further 10 minutes (total of 20 minutes or until golden).



Difference between oven and grilled strips (plate on top oven, plate on bottom grilled)

Photo guide for preparing Chick*n Strips on griddle pan (Frozen):



Place strips on the grill or pan.



Grill for 1-2 minutes, turning frequently to defrost.



Add oil.



Grill for an additional 6+ minutes, turning when needed, or until golden.



Serve or place cooked strips on a holding tray. Retain hot at 60 °C for up to 4 hours.



Difference between oven and grilled strips (plate on top oven, plate on bottom grilled)

Note: To cook the product that has been defrosted for 10-20 minutes, skip step 2.

SUPPLIER DETAILS & CONTACT DETAILS FOR NEW SUPPLIES

The Mighty Kitchen LTD	George Vou	www.themightykitchen.com order@themightykitchen.com
NUTRITIONAL VALUE	For 100 g of the product (R.I%)	
Energy (kcal)	164 (8%)	
Protein (g)	21 (42%)	
Fat Content (g)	5.3 (8%)	
Carbohydrate (g)	6 (2%)	
Sugars (g)	0.8 (1%)	
Salt (g)	0.8 (13%)	
Fibres (g)	4.7 (19%)	