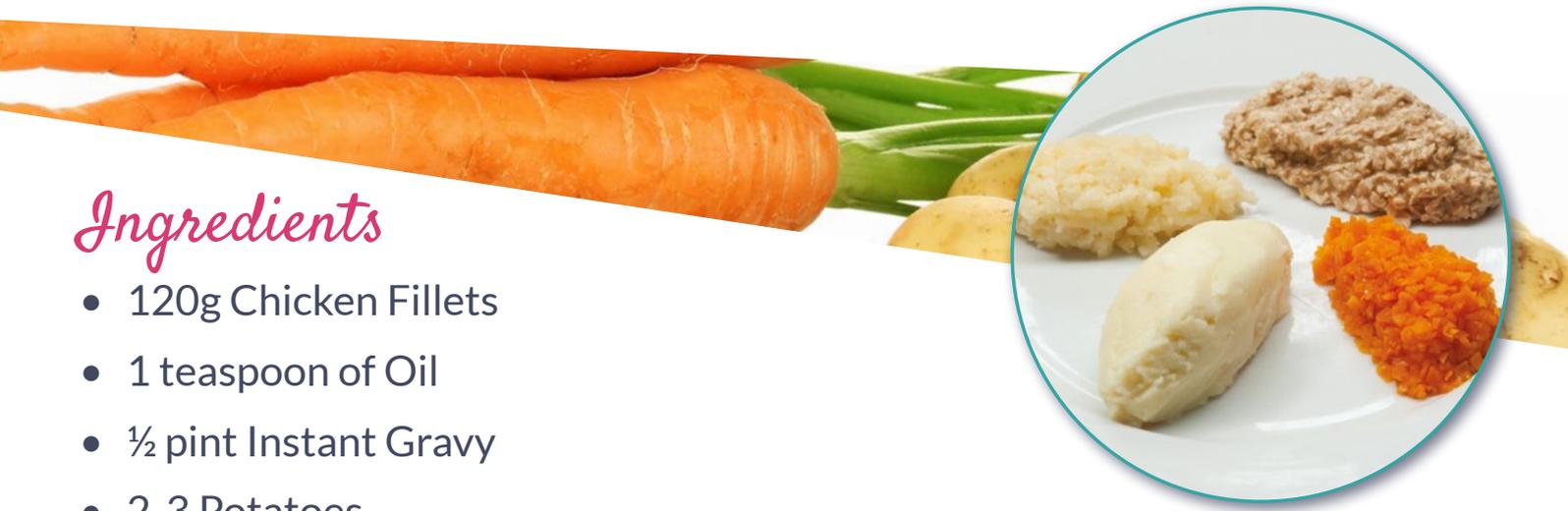


Dinner Suggestion - Chicken Roast Dinner (texture D)



Ingredients

- 120g Chicken Fillets
- 1 teaspoon of Oil
- ½ pint Instant Gravy
- 2-3 Potatoes
- 100g Carrots peeled and sliced
- 100g Parsnips peeled and sliced
- Resource® ThickenUp™ Clear
- Salt and Pepper to season

Instructions - all textures

Heat the oil in a pan. Season the chicken fillets with the salt and the pepper, then place in the pan and sauté until slightly coloured and sealed.

Remove the chicken fillets and place in an ovenproof dish, cover with foil and place in the oven on 200° C, 180° C (fan assisted) or gas mark 6 for 30 minutes.

Whilst the chicken is cooking, start to cook your vegetables. Place the peeled potatoes in a saucepan of cold salted water, enough to cover the potatoes. Bring the water to the boil and simmer for approximately 10 minutes until cooked. Place the carrots in a saucepan of cold salted water, enough to cover. Bring the water to the boil and simmer for approximately 10 minutes until cooked. Place the parsnips in a saucepan of cold salted water, enough to cover. Bring the water to the boil and simmer for approximately 10 minutes until cooked.

(You can use alternative vegetables, such as broccoli).

Once everything is cooked - preparing to texture D

Ensure that the chicken fillets are cooked through by checking the juices run clear. Chop the cooked chicken into finely minced pieces approximately 2mm in size. Check the size of your pieces with a tape measure or ruler, if pieces are too large continue to chop to correct size.

Make up your gravy as you usually would or use an instant gravy mix. Place the chopped chicken pieces into a bowl and stir in the gravy.

Add a scoop of Resource® ThickenUp™ Clear and mix in well with a fork until the desired consistency is achieved (add another scoop if needed).

Keep warm whilst you prepare the vegetables.

Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork. Drain and chop the carrots and parsnips into finely minced pieces approximately 2mm in size. Check the size of the carrot and parsnip pieces with a ruler, if pieces are too large continue to chop to correct size.

Once cooked, drain the potatoes in a colander, transfer to a bowl then mash until very smooth with no lumps.

Spoon the chicken, potatoes, carrots and parsnip pieces onto a warm plate and serve immediately.

Do NOT pour on extra gravy before serving.

Enjoy!

Texture D – Pre-mashed Diet	
Definition	<ul style="list-style-type: none"> Any fluid, gravy, sauce or custard in or on food must be very thick. It holds its shape on a plate or when scooped, cannot be poured and does not 'spread out' if spilled. Thinner single texture foods may be suitable if a person is on thinner fluids –Speech & Language Therapist to advise on an individual basis.
Characteristics	<ul style="list-style-type: none"> Food is soft, tender and moist. Needs very little chewing. It has been mashed up with a fork before serving (see table below for meat). It usually requires a very thick, smooth (non-pouring) sauce, gravy or custard (see next point). Any fluid, gravy, sauce or custard in or on the food is very thick.
Exclusions	<ul style="list-style-type: none"> No mixed (thick-thin) textures. No loose fluid. No hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy or crumbly bits. No pips, seeds, pith/inside skin. No skins or outer shells e.g. on peas, grape. No husks. No skin, bone or gristle. No round or long-shaped foods e.g. sausages, grapes, sweets. No hard chunks e.g. pieces of apple. No sticky foods e.g. cheese chunks, marshmallows. No 'floppy' foods e.g. lettuce, cucumber, uncooked baby spinach leaves. No juicy food where juice separates off in the mouth to a mixed texture e.g. water melon.
Check before serving	<ul style="list-style-type: none"> No hard pieces, crust or skin have formed during cooking/heating/standing. Fluid/gravy/sauce/custard in or on the food has not thinned out or separated off.

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