

RECIPES – ROAST DINNER

CHICKEN ROAST DINNER



LEVEL 4/PUREED



LEVEL 5/MINCED & MOIST



LEVEL 6/SOFT & BITE SIZED

Ingredients:

120g chicken fillet	2-3 potatoes
8g dried stuffing mix	100g carrots peeled and sliced
1 teaspoon of oil	100g parsnips peeled and sliced
1 chicken stock cube	1-2 scoops Resource® ThickenUp™ Clear
5g margarine	Gravy browning (very little to colour)
5g plain flour	Salt and pepper to season
¼ pint hot water	

Instructions:

1. Heat the oil in a pan
2. Season the chicken fillets with salt and pepper then place in the pan and sauté until slightly coloured and sealed
3. 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. Check that the fillets are cooked
4. Whilst the chicken is cooking, start to cook your vegetables
5. Place the peeled potatoes in a saucepan of cold salted water, enough to cover
6. Bring the water to the boil and simmer for approximately 10 minutes until cooked
7. Place the carrots in a saucepan of cold salted water, enough to cover
8. Bring the water to the boil and simmer for approximately 10 minutes until cooked
9. Place the parsnips in a saucepan of cold salted water, enough to cover
10. Bring the water to the boil and simmer for approximately 10 minutes until cooked
You can use alternative vegetables, such as broccoli
11. Place the margarine in the pan and heat to melt, add the flour to make the roux. Add the stock cube to the hot water, dissolve and then add a little at a time to the roux. Ensure you stir well to achieve a smooth sauce
12. Add a very small amount of gravy browning to get the desired colour
13. Add the dried stuffing mix and allow to gently simmer until the sauce is cooked. Check the seasoning is correct
14. Ensure that the chicken fillets are cooked through by checking the juices run clear

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ONCE EVERYTHING IS COOKED: PREPARING TO LEVEL 4



15. For a PUREED (Level 4) texture place the cooked chicken and sauce in the blender and blend until completely smooth ensuring there are no lumps
16. Add the Resource® ThickenUp™ Clear and mix in well until the desired consistency is achieved. Check against the IDDSI Framework (see page 13)
17. Keep warm whilst you prepare the vegetables
18. Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork
19. Once cooked, drain the carrots in a colander and place in a separate bowl and blend until smooth
20. 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). Check against the IDDSI Framework (see page 13)
21. Once cooked, drain the parsnips in a colander and place in a separate bowl and blend until smooth
22. 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). Check against the IDDSI Framework (see page 13)
23. Once cooked, drain the potatoes in a colander, then mash until very smooth with no lumps
24. Spoon the chicken, potatoes, carrots and parsnips onto a warm plate and serve immediately
25. Do not pour on extra gravy before serving

ONCE EVERYTHING IS COOKED: PREPARING TO LEVEL 5



15. Chop the cooked chicken into finely minced pieces approximately 4mm in size for adults and 2mm in size for paediatrics
16. Check the size of your pieces using the slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size
17. For a MINCED AND MOIST (Level 5) texture blend the sauce to a smooth consistency and add to the diced Chicken. Check against the IDDSI Framework (see page 14). Ensure there are no ingredients that are bigger than 4mm for adults and 2mm for paediatrics
18. Add the Resource® ThickenUp™ Clear and mix in well until the desired consistency is achieved. Check against the IDDSI Framework (see page 14)
19. Keep warm whilst you prepare the vegetables
20. Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork. Drain
21. Chop the carrots and parsnips into finely minced pieces that are 4mm for adults and 2mm for paediatrics
22. Check the size of the carrot and parsnip pieces using the slot between fork prongs (4mm) to determine whether minced pieces are the correct or incorrect size
23. Once cooked, drain the potatoes in a colander, transfer to a bowl then mash until very smooth with no lumps
24. Spoon the chicken, potatoes, carrots and parsnip pieces onto a warm plate and serve immediately
25. Do not pour on extra gravy before serving

ONCE EVERYTHING IS COOKED: PREPARING TO LEVEL 6

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15. Chop the cooked chicken into bite size pieces which are 15mm in size for adults and 8mm in size for paediatrics
16. Check the size of your pieces using the size of thumb nail (15mm x 15mm)
17. For a SOFT AND BITE SIZED (Level 6) texture blend the sauce to a smooth consistency and add to the chicken pieces. Check against the IDDSI Framework (see page 14). Ensure there are no ingredients that are bigger than 15mm for adults and 8mm for paediatrics
18. Add the Resource® ThickenUp™ Clear and mix in well until the desired consistency is achieved. Check against the IDDSI Framework (see page 14)
19. Keep warm whilst you prepare the vegetables
20. Check your vegetables are soft and cooked through by lightly mashing a piece of each with a fork. Drain
21. Chop the carrots and parsnips into small pieces 15mm in size
22. Check the size of the carrot and parsnip pieces using the size of your thumb nail, if pieces are too large continue to chop to correct size
23. Once cooked, drain the potatoes in a colander, transfer to a bowl then mash until very smooth with no lumps
24. Spoon the chicken, potatoes, carrots and parsnip pieces onto a warm plate and serve immediately
25. Do not pour on extra gravy before serving