

# Filled wrap with Chicken Goujons



## 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)

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

## 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.



	Temperature	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.