



diced chicken breast

stir fry/slow cook/pot pies



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!



Jeff Baker

Executive Development Chef

cooking time from: 10 minutes

method

Remove the chicken out of the packaging & pat dry any excess moisture.

Pre heat a heavy based frying pan over high heat with a little oil until very hot.

Season the chicken to suit the recipe your cooking then sauté over medium high heat until just cooked then pour over a glaze, flavoured butter or sauce then simmer gently for another 4 to 5 minutes until fully cooked & piping hot.

Don't boil the chicken as it will become dry, just a very gentle simmer.

Check seasoning & serve.

serving suggestions

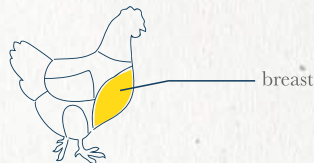
These chicken nuggets are so versatile, whether it's an oriental stir fry, classic fricassee or the base for a more traditional pie.

for best results, fry this cut

| Core Temperatures | Out of the Oven | After Resting |
|-------------------|-----------------|---------------|
| Well Done | 65-68°C | 72-75°C |

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