



# SIZZLING CHICKEN



# MENU IDEAS

# INTRODUCING SIZZLING CHICKEN!

Welcome everyone to a feast of menu ideas for our brand new Sizzling Chicken range! This guide will provide you with some mouth watering on-trend menu ideas you can be creating with the range.

Sizzling Chicken features six lines of hand cut, boneless and butterflied chargrilled fillets, thighs and skewers that are bursting with flavour and offer a serious game changer for your menu.

Grilled chicken is growing in popularity, particularly for those with special dietary requirements and the health conscious. These menu ideas showcase how you can add healthy, uncoated grilled chicken items to your menu that don't need to break the bank, allowing for all of your customers to leave satisfied.

Sizzling Chicken is set to take the market by storm, so get ahead of the game now and add some of these delicious menu ideas to your menu today!

*Chris Moyes*  
Development Chef



# THE CHARGRILLED PIRI PIRI CHICKEN BURGER



PREP TIME



COOK TIME



SERVES

Feast your eyes on this absolute masterpiece! Real charcoal grilled chicken fillet that's packed with flavour in every bite! This fillet comes fully cooked and IQF for speed of use and consistency in every fillet. It is succulent, incredibly easy to regenerate and is ideal for a proper burger that your customers will love.

## INGREDIENTS

Piri Piri Chicken Fillet

Brioche Bun

Lettuce (20g)

Sliced Tomatoes (2 Slices)

Buffalo Sauce (15ml)

Pickled Pink Slaw (25g)

Mayonnaise (15ml)

## PRICE BREAKDOWN

EST. COST PRICE  
£2.87

SELL PRICE  
£9.50

GROSS PROFIT  
70%



**SO VERSATILE  
YOU CAN USE THESE TOO!**



# LOADED CHARGRILLED CHICKEN NACHOS



PREP TIME



COOK TIME



SERVES

This delectable treat for two people comes fully loaded with melted nacho cheese, mozzarella, salsa, guacamole and fresh coriander then topped with pomegranate seeds for a fresh feel. But the real hero of this dish is Meadow Vale's new Original Sizzling Chicken Shawarma Boneless Thigh. Simply cook the thigh using your preferred cooking method and slice into strips and place over the top of the nachos.

## INGREDIENTS

Shawarma Boneless Thigh

Guacamole (30g)

Salsa (30g)

Chillies (10g)

Spring Onions (10g)

Sour Cream (30g)

Sliced Coriander (3g)

Pomegranate Seeds (15g)

Nacho Cheese Sauce (50g)

Mozzarella (20g)

Nachos (110g)

## PRICE BREAKDOWN

EST. COST PRICE  
£2.86

SELL PRICE  
£9.99

GROSS PROFIT  
71%

**SO VERSATILE  
YOU CAN USE THESE TOO!**



# ORIGINAL CHARGRILLED LOADED FRIES



PREP TIME



COOK TIME



SERVES

Fries have been a staple on nearly every menu for years, but with food trends constantly evolving, fries on their own have become a thing of the past. So make way for this taste sensation that's bursting with flavour in every forkfull! Cajun loaded fries, topped with nacho cheese sauce, spring onions, chillies and finely sliced coriander, finished with our new Sizzling Chicken Original Fillet.



## INGREDIENTS

- Original Chargrilled Fillet Fries (200g)
- Pickled Pink Slaw (25g)
- Chillies (10g)
- Spring Onions (10g)
- Garlic Mayo (15ml)
- Sliced Coriander (3g)
- Nacho Cheese Sauce (50g)
- Cajun Seasoning (2g)

## PRICE BREAKDOWN

EST. COST PRICE  
**£2.46**  
SELL PRICE  
**£8.99**  
GROSS PROFIT  
**72%**

**SO VERSATILE  
YOU CAN USE THESE TOO!**



# CHARGRILLED CHICKEN GYROS



PREP TIME



COOK TIME



SERVES

Chicken gyros have taken the UK by storm and are becoming a firm favourite on menus across the country. Creating this dish couldn't be easier thanks to Meadow Vale's new Sizzling Chicken Skewer. Simply regenerate the chargrilled skewer using your preferred cooking method and serve in a toasted flatbread on a bed of sliced lettuce, tomatoes, olives, feta cheese and crisp fries. Then simply drizzle over tzatziki sauce.

## INGREDIENTS

- Original Chargrilled Skewer
- Toasted Flatbread
- Fries (50g)
- Tzatziki (15ml)
- Sliced Lettuce (20g)
- Sliced Tomatoes (2 Slices)
- Olives (10g)
- Feta Cheese (15g)

## PRICE BREAKDOWN

EST. COST PRICE  
**£2.33**  
SELL PRICE  
**£8.75**  
GROSS PROFIT  
**73%**

**SO VERSATILE  
YOU CAN USE THESE TOO!**



# CHARGRILLED PIRI PIRI CHICKEN CIABATTA



PREP TIME



COOK TIME



SERVES

With people constantly on the move, grab and go food options are more popular than ever! One of the most popular options is the humble sandwich as it's handheld and easy to eat on the go. So why not upgrade your sandwich offering using Meadow Vale's new Sizzling Chicken Piri Piri Boneless Thigh. The product has been cooked over real charcoal for an irresistible flavour and is fully cooked and IQF.

## INGREDIENTS

Piri Piri Boneless Thigh  
Ciabatta

Sliced Lettuce (20g)

Sliced Tomatoes (2 Slices)

Pickled Pink Slaw (25g)

Mayo (15ml)

## PRICE BREAKDOWN

EST. COST PRICE  
£2.44

SELL PRICE  
£8.50

GROSS PROFIT  
71%



**SO VERSATILE  
YOU CAN USE THESE TOO!**



# MEXICAN STYLE CHARGRILLED CHICKEN RICE



PREP TIME



COOK TIME



SERVES

Whether it's a rice box for a grab and go option or a plated meal for a restaurant, this dish is a healthy option that hits the spot every time, delivering a tasty offering without the guilt. Meadow Vale's brand new Sizzling Chicken Piri Piri Boneless Thigh is cooked over charcoal for a full depth of flavour which many customers look for when they are dining out.

## INGREDIENTS

Piri Piri Boneless Thigh  
Mexican Style Rice (200g)

Spring Onions (10g)

Chillies (10g)

Sliced Coriander (3g)

Pomegranate Seeds (15g)

Garlic & Herb Sour Cream  
(15ml)

## PRICE BREAKDOWN

EST. COST PRICE  
£2.62

SELL PRICE  
£8.99

GROSS PROFIT  
71%

**SO VERSATILE  
YOU CAN USE THESE TOO!**



# CHARGRILLED CHICKEN CAESAR SALAD



PREP TIME



COOK TIME



SERVES

It's the traditional Caesar salad we all know and love, but better! Made with Meadow Vale's new Sizzling Chicken Original Fillet, a generous 150g fillet that's cooked over real charcoal for an immense flavour and appearance. Simply cook the fillet using your preferred cooking method, cut into slices and place on top of the salad with a good sprinkle of parmesan shavings.

## INGREDIENTS

- Original Chargrilled Fillet
- COS Lettuce
- Parmesan Shavings (15g)
- Caesar Dressing (30ml)
- Croutons 15g
- Cracked Black Pepper

## PRICE BREAKDOWN

EST. COST PRICE  
**£2.82**  
SELL PRICE  
**£9.50**  
GROSS PROFIT  
**70%**



**SO VERSATILE  
YOU CAN USE THESE TOO!**



# ORIGINAL STYLE CHARGRILLED CHICKEN WRAP



PREP TIME



COOK TIME



SERVES

You can't beat a warm freshly toasted wrap, and this one is no exception! Using Meadow Vale's new Sizzling Chicken Original Boneless Thigh you can take the iconic wrap to a whole new level. Cooked over real charcoal the thigh is packed with flavour that delivers every time. Each piece is hand cut to ensure a consistent finish and a stunning visual.

## INGREDIENTS

- Original Boneless Thigh
- Large Tortilla Wrap
- Garlic & Herb Mayo (15ml)
- Sliced Lettuce (15p)
- Sliced Tomatoes (16p)
- Pickled Pink Slaw (25g)
- Sliced Coriander (3-5p)
- Fries (40g)

## PRICE BREAKDOWN

EST. COST PRICE  
**£2.52**  
SELL PRICE  
**£8.99**  
GROSS PROFIT  
**72%**

**SO VERSATILE  
YOU CAN USE THESE TOO!**



# BEST WAYS TO COOK SIZZLING CHICKEN



## AIR FRY

**Fillets:**  
15 Minutes @ 200°C

**Thighs:**  
20 Minutes @ 200°C

**Skewer:**  
12 Minutes @ 200°C

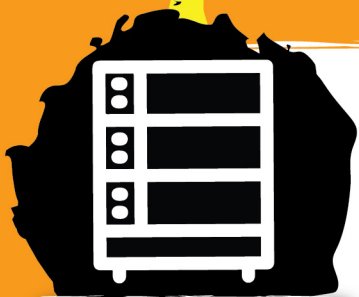


## DOMESTIC OVEN

**Fillets:**  
15 Minutes @ 200°C

**Thighs:**  
20 Minutes @ 200°C

**Skewer:**  
12 Minutes @ 200°C



## COMMERCIAL OVEN

**Fillets:**  
15-18 Minutes @ 200°C

**Thighs:**  
23 Minutes @ 200°C

**Skewer:**  
14 Minutes @ 200°C



## PIZZA OVEN

**Fillets:**  
10 Minutes @ 280°C  
(2 Pass Throughs)

**Thighs:**  
7 Minutes 30 seconds  
@ 280°C (1.5 Pass Throughs)

**Skewer:**  
7 Minutes 30 seconds  
@ 280°C (1.5 Pass Throughs)

For best results cook from thawed.

5  
Minutes  
Per Pass



## GRIDDLE

**Fillets:**  
13 - 14 Minutes

**Thighs:**  
13 - 14 Minutes

**Skewer:**  
10 - 12 Minutes

For best results cook from thawed.

Heat  
Mark  
5



## MERRY CHEF

**Fillets:**  
3 Minutes 30 seconds  
@ 275°C

**Thighs:**  
4 Minutes @ 275°C

**Skewer:**  
3 Minutes 15 seconds  
@ 275°C

Best Setting for  
Cooking Sizzling  
in the Merry Chef,  
Use 80% Fan,  
60% Microwave



## DEEP FRY

**Fillets:**  
3-4 Minutes @ 180°C

**Thighs:**  
3-4 Minutes @ 180°C

**Skewer:**  
3-4 Minutes @ 180°C

For best results cook from thawed.



## STEAM ROAST

**Fillets:**  
15-18 Minutes @ 150°C

**Thighs:**  
23 Minutes @ 150°C

**Skewer:**  
14 Minutes @ 150°C

FOR  
BEST  
RESULTS!



# SIZZLING CHICKEN



## Contact Us

### Customer Service

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