

# Chicken Fajita

Spiced strips of chicken, perfect for a quick meal or sandwich!

## Cooking Instructions

### Fry from frozen

Time: 10-12 minutes

- 1) Heat 3-4 tablespoons of vegetable oil in a large non-stick frying pan over a medium- high heat.
- 2) Once the oil is hot place some frozen chicken fajita strips into the pan, but be careful not to over crowd the pan.
- 3) Fry for up to 10 minutes, turning the strips frequently (every 1-2 minutes)

### Top Tip!

Add some extra crunch and flavour to your chicken by adding sliced onion and sliced peppers to the pan. We recommend adding onion and sliced green peppers to the pan, half way through cooking the chicken.

## Cooking Precautions

Remove all packaging.

All appliances vary these are guidelines only.

Always wash hands, surfaces and utensils after contact with raw meat.

Ensure product is cooked thoroughly until all juices run clear and there is no raw meat inside.



SMILEY'S HOME FOODS

# Chicken Pane

our chicken pane is made with 100% chicken breast

## Cooking Instructions

### Shallow fry from frozen

Time: 8 - 10 minutes

- 1) Place enough vegetable oil in a pan so that it is around 1CM deep and heat to a medium heat.
- 2) To test the oil is hot enough, dip the end of a chicken pane into the oil. If it starts to sizzle, it's ready! Be careful not to over crowd the pan so you can easily turn the pane.
- 3) Fry your chicken pane until golden and crispy, which should take 6-8 minutes. Gently turn your pane regularly to ensure an even crisp all over.
- 4) Once cooked, place onto some kitchen paper to remove excess oil and then serve immediately.

### Cooking Precautions

Remove all packaging.

All appliances vary, these are guidelines only.



## SMILEY'S HOME FOODS

# Kofta

Our famous kofta made with delicious seasoned minced meat!

### Cooking Instructions

#### **Fry from frozen**

Time: 10 minutes

- 1) Place 3-4 tablespoons of vegetable oil into a frying pan and heat to a medium heat.
- 2) Fry the koftas for 6-8 minutes, turning regularly to ensure an even, golden exterior.
- 3) Once cooked place onto some kitchen paper to remove excess oil and then serve immediately.

#### **Cooking Precautions**

Remove all packaging.

All appliances vary, these are guidelines only.

Always wash hands, surfaces and utensils thoroughly after contact with raw meat.

Always ensure meat is completely cooked before consuming.



# Croquette Potatoes

Creamy mashed potato with a crispy breadcrumb coating!

## Cooking Instructions

Shallow fry from frozen

Time: 10 mins

- 1) Place enough vegetable oil in a pan so that it is around 1CM deep and heat to a medium heat.
- 2) To test the oil is hot enough dip the end of a potato croquette into the oil, if it starts to sizzle, its ready! Be careful not to over crowd the pan so you can easily turn the croquettes.
- 3) Fry your croquettes until golden and crispy which should take 6 - 8 minutes.
- 4) Gently turn your croquettes regularly (every 2-3 minutes) to ensure an even crisp all over.
- 5) Once cooked place onto some kitchen paper to remove excess oil and then serve immediately.

## Cooking Precautions

Remove all packaging.

All appliances vary, these are guidelines only.

