

CHELTEN HOUSE
Menu Inspirations

**KING CREOLE
CHICKEN**

DINNER

PORTION SIZE: 1 SERVING

Ingredients

- 5 oz Chicken Tenderloins
- All Purpose Flour, seasoned with Creole Seasoning as needed
- 2 oz Canola Oil, as needed for sauteing
- 4 oz Creole Sauce (recipe follows)
- 1 tbsp Butter

Creole Sauce Ingredients

- ¼ cup Green Bell Peppers, medium dice
- ¼ cup Celery, medium dice
- Canola Oil
- ½ tbsp Garlic, minced
- 1½ tbsp Creole Seasoning
- ¼ cup Roma Tomatoes, canned, diced with juice
- 4oz **Chelten House All Natural Marinara Sauce**
- 1 oz Chicken Broth, low-salt preferred

Garnish

- 8 oz Confetti Rice, cooked



Method: Dust chicken with flour seasoned with creole seasoning & saute in hot oil until cooked, add prepared sauce & heat. Swirl in butter and serve over Confetti Rice.

Creole Sauce Method: Sweat peppers, onions and celery in hot oil until translucent, add garlic, seasoning and cook briefly then add tomatoes & cook for a few minutes add **Chelten House Marinara Sauce** and stock, and bring to simmer.



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