

Baked Potato with Chicken & Sweetcorn Mayo Topping

Allergens – Milk, Mustard, Egg, Sulphites

Ingredients

Quantity	Ingredient
700 g	Uncooked Chicken Breast
150 g	Sweetcorn (drained)
100 g	Light Mayonnaise (contains Milk, Egg & Mustard)
100 ml	Low fat Natural (contains Milk)
5 ml	Lemon Juice (contains Sulphites)
20	Baking Potatoes



Method

1. Wash, dry and rub potatoes with veg oil and place in a baking tray. Bake potatoes in oven until tender, 2 hours approximately.
2. Cook the raw diced chicken and cool according to the Food Management System guidelines.
3. Chop the cooled chicken into bite size pieces.
4. Mix the chicken, sweetcorn, mayonnaise, yoghurt and lemon juice together thoroughly and chill.
5. Cross cut potato and add beans as a topping at service.

Nutritional Content per 70g of filling + Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 170.9	= 2.0	= 0.4	= 1.6	= 0.3	= 27.8

Portion size - Primary – 70g filling Baked Potato @ 100g = 31.7g Carbs

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