

Chicken Mayonnaise Wrap

Allergens – **Gluten**, **Milk**, **Egg**, **Mustard**

Ingredients

Quantity	Ingredient
700 g	Uncooked Chicken Breast (diced)
100 ml	Lite Mayonnaise (Hellman's contains Eggs , Milk , Mustard)
100 g	Natural Low Fat Yoghurt Black Pepper (optional)
20	8" Tortillas Wrap (contains Wheat)



Method

1. Cook chicken to 75°C core temperature and cool for a maximum of 1 hour according to Food Safety Management system.
2. Chop the chicken into bite sized pieces.
3. Mix together chicken, mayonnaise, yoghurt and season with pepper.
4. Store chilled until ready to serve.

Nutritional Content for 40g Chicken Mayonnaise + Tortilla

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 206.3	= 2.4	= 0.4	= 1.3	= 0.6	= 35.4

Portion size - Primary – 40g filling + Tortilla

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