

Chicken Mayonnaise Filling

Allergens – **Eggs**, **Milk**, **Mustard**, **Sulphites**

Ingredients

Quantity Ingredient

1kg	Cooked Chicken (chopped)
250ml	Lite Mayonnaise Hellmans (contains Eggs , Milk , Mustard)
200g	Natural Low Fat Yoghurt
5ml	Lemon Juice (contains Sulphites)
	Black Pepper (optional)

Method

1. Cook the chicken breast following manufacturer's instructions.
2. Cool according to the Food Safety Management System guidelines.
3. Chop the chicken into bite size pieces.
4. Mix all the ingredients together and chill.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 186	= 10.5	= 2.3	= 1.9	= 0.45	= 7

Portion size - Primary – 70g