

Chicken Mayonnaise Sandwiches

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

Ingredients

Quantity	Ingredient
800 g	Uncooked Chicken Breast
100 ml	Lite Mayonnaise Hellman's (contains Eggs , Milk , Mustard)
100 g	Natural Low Fat Yoghurt
1600 g	Whole meal Bread (sliced) (contains Wheat & possible traces of Barley , Oat or Rye)

Method

1. Cook the chicken breast to 72°C core temperature.
2. Cool the cooked chicken for a maximum of 1 hour as per safe food preparation practice.
3. Chop the chicken into bite size pieces and mix all the ingredients together.
4. Prepare sandwiches and slice accordingly.
5. Chill sandwiches prior to serving.

Nutritional Content for 70g of Chicken filling + 2 slices of bread

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 223.	= 3.6	= 0.9	= 1.7	= 0.9	= 29.7

Portion size – 70g Chicken filling 2 Slices of Bread = **29.0 g Carbs**