

# Chicken Mayonnaise Sandwiches

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

## Ingredients

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| Quantity | Ingredient                                                                                   |
|----------|----------------------------------------------------------------------------------------------|
| 700 g    | Uncooked Chicken (chopped)                                                                   |
| 100 ml   | <b>Lite Mayonnaise</b><br>Hellmans (contains Eggs, Milk, Mustard)                            |
| 100 g    | <b>Natural Low Fat Yoghurt</b>                                                               |
| 5 ml     | <b>Lemon Juice</b> (contains Sulphites)                                                      |
|          | Black Pepper (optional)                                                                      |
| 1600 g   | Whole meal <b>Bread</b> (sliced)<br>(contains Wheat & possible traces of Barley, Oat or Rye) |

## Method

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1. Cook the chicken breast and cool according to the Food Safety guidelines.
2. Cool the cooked chicken for a maximum of 1 hour as per Food Safety Management requirements.
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 (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 217.7       | = 3.5   | = 0.8              | = 1.7     | = 0.9     | = 29.7    |

**Portion size - Primary – 70g Chicken filling**

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