

Let's eat

Baked Potato with Tuna Mayonnaise topping

Allergens – Eggs, Fish, Milk, Mustard

Ingredients

Quantity	Ingredient
800 g	Tuna Chunks (in brine)
100 ml	Lite Mayonnaise (contains Eggs, Milk, Mustard)
100 g	Natural Yoghurt (contains Milk)
20	Baking Potatoes



Method

1. Wash, dry and rub potatoes with vegetable oil and place in a baking tray. Bake potatoes in oven until tender, 2 hours approximately.
2. Drain tuna and mix with mayonnaise and yoghurt. Seasoning with black pepper is optional. Store chilled until service.
3. Cross cut potato and add topping as a topping at service.

Nutritional Content for 50g Tuna Mayonnaise + potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 206.2	= 2.3	= 0.4	= 2.0	= 0.5	= 34.6

Portion Size – Primary 50g Tuna Baked Potato @ 100g = 31.7g Carbs