

# Let's eat

## Baked Potato with Chicken Mayonnaise topping

Allergens – Eggs, Milk, Mustard, Sulphites

### Ingredients

Quantity	Ingredient
700 g	Uncooked Chicken Breast (diced)
100 ml	<b>Lite Mayonnaise</b> Brakes (contains Eggs) Hellmans (contains Eggs, Milk)
100 g	<b>Natural Low Fat Yoghurt</b>
5 ml	<b>Lemon Juice</b>
3 kg	Baking Potatoes (20)



### 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. Cook the chicken breast to 75°C core temperature and 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.
5. Cross cut potato and add chicken mayonnaise as a topping to serve.

### Nutritional Content for 50g Chicken Mayonnaise + Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 170.	= 2.0	= 0.4	= 1.6	= 0.2	= 27.7

**Portion Size** - Primary 50g topping      Baked Potato @ 100g = 31.7g Carbs