

# Chicken, Lettuce & Tomato Panini

## ingredients

24 Green Gourmet Chicken Breast fillet 57g

2 tblsp vegetable oil

3 tsp dried marjoram

½ tsp black pepper

12 rashers streaky bacon, finely chopped

1 medium iceberg lettuce, shredded

10 small tomatoes, diced

24 panini

480g low fat mayonnaise



## cooking instructions

- ❖ Place the frozen chicken fillets into an oiled tin and sprinkle with the marjoram and black pepper.
- ❖ Cook in a pre-heated oven (180°C/gas 5) for 12-14 minutes.
- ❖ Stir the chicken, then sprinkle the chopped bacon on top. Return to the oven for 10-12 minutes until fully cooked.
- ❖ Whilst the chicken is cooking, shred the lettuce and dice the tomatoes.
- ❖ Remove the chicken from the oven and cut into strips.

## assembly

- ❖ Warm up the panini bread in a low temperature oven and cut in half.
- ❖ On the bottom half, layer a handful of lettuce followed by a small handful of tomatoes.
- ❖ Layer the chicken strips on top, plus a scoopful of bacon pieces.
- ❖ Finish with a spoonful of mayonnaise and cover with the top half of the panini.

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Ingredients	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Chicken Breast Fillet 57g	1368	g	4.73	6.47
vegetable oil	20	g	0.43	0.01
dried marjoram	1.2	g	76.00	0.09
black pepper	0.6	g	10.00	0.01
streaky bacon	240	g	2.84	0.68
iceberg lettuce	600	g	1.33	0.80
tomatoes	400	g	0.99	0.40
panini	1440	g	1.74	2.51
low fat mayonnaise	480	g	1.15	0.55
<b>Total</b>	<b>4550</b>	<b>g</b>		<b>11.51</b>
<b>Number of portions</b>	<b>24</b>			
<b>Portion weight</b>	<b>183</b>	<b>g</b>		
<b>Cost per portion</b>	<b>48</b>	<b>p</b>		

## Nutritional Profile

**M** fat

**L** saturates

**L** sugars

**M** salt

## Cooked analysis: Nutrients

	analysis per 100g	
energy	173.5	kcal
fat	6.9	g
saturated fatty acids	1.3	g
carbohydrates	16.9	g
NME (non-milk extrinsic) sugars	0.9	g
fibre/NSP (non-starch polysaccharides)	1.1	g
protein	10.8	g
iron	1.3	mg
calcium	33.2	mg
vitamin A (retinol equivalents)	11.5	µg
folate	72.8	µg
vitamin C	3.3	mg
sodium	445.9	mg
zinc	0.6	mg



## Additional Nutritional Information

These panini snacks provide a good source of iron and vitamin A and a useful amount of calcium, zinc and vitamin C.

## Allergen information:

Panini bread contains wheat, and mayonnaise contains eggs, both potential allergens. Please check labels of ingredients for other potential allergens.

## Serving suggestions:

The vegetables in this recipe amount to half a '5-a-day' portion. Add a celery stick and this delicious snack will meet the guidelines for one portion.