

GRAB and GO

Chicken and Stuffing Baguette

A warm crunchy baguette filled with traditional roast chicken with sage and onion stuffing.

Makes 10 portions (152g/portion)

Ingredients

500g	10 Green Gourmet Great British Chicken Breast Fillets (GG Code – 7232)
560g	10 crusty rolls
150g	assorted lettuce leaves
250g	stuffing
100g	low fat mayonnaise

Method

1. Place the Green Gourmet Great British Chicken Breast Fillets on a greased baking tin. Cover with a lid or tin foil and cook as instructed.
2. Make stuffing as directed on packet.
3. Place the chicken and stuffing in a crispy French stick, along with a generous helping of salad leaves and serve.

Serving Suggestions

This recipe can be served as a break time item or with some vegetables as a lunch time dish. If the stuffing is homemade then it is an ideal vehicle for adding extra nutrients such as mashed chick peas for extra iron.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
184.1	4.2	0.8	25.9	0.2	1.2
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
12.4	1.1	0.7	81.1	35.9	0.8
Folate (µg)	Sodium (mg)				
22.8	389.0				

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