

## GRAB and GO

### **Roast Chicken in a Bun**

*A slice of tender British chicken breast in a crusty farmhouse roll garnished with grated carrot and celery, topped off with sage and onion stuffing.*

**Makes 10 portions (156g/portion)**

#### **Ingredients**

<b>400g</b>	<b>Green Gourmet Butcher's Style Chicken Roast (GG Code 7210)</b>
560g	10 crusty rolls
250g	sage and onion stuffing (made up quantity)
200g (4 small)	carrots, grated
160g (4 sticks)	celery, finely chopped
100g	low fat mayonnaise

#### **Method**

1. Cook the Green Gourmet Butcher's Style Chicken Roast as directed and slice to the appropriate thickness.
2. Make up the sage and onions stuffing to manufacturer's instruction.
3. Place the carrot and celery in the crusty rolls; add a slice of chicken and then top with some stuffing and a teaspoon of low fat mayonnaise.

#### **Serving Suggestions**

Sage is a good contributor of calcium; for an extra boost add some extra dried sage to the stuffing mix. If you want to increase the iron content try adding some dried thyme.

#### **Nutritional analysis (per 100g COOKED)**

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
174.5	4.0	0.8	26.5	0.5	1.4
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
9.6	1.1	0.6	84.2	210.8	1.9
Folate (µg)	Sodium (mg)				
17.3	448.0				

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