

Chicken, Lettuce and Home-Made Mayonnaise Sandwich

Ingredients

- 2 x slices of Tip Top® The One®
- 1 teaspoon home-made mayonnaise[^]
- 100g grilled chicken breast*
- 1 cup washed, torn lettuce leaves

^Home Made Mayonnaise

(Makes 1 cup)

- 1x free range egg yolk
- ½ teaspoon Dijon mustard
- 1 cup (250mL) extra virgin olive oil
- 1 tablespoon white vinegar
- ¼ lemon, juiced

^Grilled Chicken

- 1 chicken breast, sliced thinly into fillets
- 1 lemon, juiced
- ½ teaspoon garlic, minced
- 1 teaspoon extra virgin olive oil



Directions:

To make mayonnaise:

1. Whisk egg yolk in a bowl.
2. Add mustard and whisk together.
3. Gradually add ½ cup oil, and whisk continuously for 3-5 minutes.
4. Whisk in most of the vinegar (about ¾ of it) until mixture is slightly paler in colour
5. Gradually add in remaining oil, whisking continuously.
6. Squeeze in lemon and remaining vinegar.
7. Store in a sterilised jar in the fridge for up to one week.

To make the sandwich:

1. Heat 1 teaspoon oil on a medium heat non-stick pan
2. Add chicken, garlic and lemon juice to the pan and cook until chicken is browned and cooked through.
3. Once chicken has cooled, slice into smaller pieces, keep approx. 100g for your sandwich, and place the rest in a container and store in fridge for up to 3 days.
4. Assemble the sandwich using two slices of Tip Top® The One®, home-made mayonnaise and lettuce.

TIP: If packing this for a school sandwich, put the mayonnaise between the chicken and lettuce leaves to keep the sandwich from getting soggy!

NUTRITION FACT: Kids need anywhere between 2 ½ to 5 ½ serves of veggies per day depending on their sex and age*. 1 cup of raw salad vegetables equates to one serve, so serve with some extra carrot or cucumber sliced into batons to bump up their veggie intake at lunchtime.

* For more information visit the following webpage: <https://www.eatforhealth.gov.au/food-essentials/five-food-groups>