

Sweet Chilli Chicken Roll-ups

AMBER (ACT & SA) / Everyday (NSW)

Makes 12 serves

Ingredients:

- 12 Slices wholemeal bread, crust removed
- 300g chicken Mince, cooked
- 50ml sweet chili sauce
- 50ml fat free mayonnaise
- 120g cheese, reduced fat grated mozzarella

Method:

1. Using a rolling pin roll out the bread sliced till they are half the thickness, set aside.
2. In a bowl mix the chicken, sweet chilli sauce and mayonnaise.
3. Layout the bread slices out and evenly divide the chicken mix and spread it out to the edges of the bread, sprinkle 120gr of cheese evenly.
4. Roll each one over three times trying not to move the filling.
5. Place in a sandwich press till crispy and golden

Variations:

- Try variations with tomato and cheese, or ham, tomato and cheese.

Nutrition information:

[Recipe name here]	Per serve 76g	Per 100g
Energy (kJ)	700	920
Protein (g)	13.5	17.7
Fat – total (g)	4.8	6.3
Fat – saturated (g)	2.1	2.7
Carbohydrates – total (g)	16.3	21.5
Carbohydrates – sugar (g)	4	5.3
Sodium (mg)	252	332
Fibre (g)	1.5	2.7