

# Chicken, Tomato and Baby Spinach Sandwich

## Ingredients

2 slices Tip Top® The One®  
1 cup baby spinach leaves  
1 tomato, sliced  
100g grilled chicken breast  
1 teaspoon home-made mayonnaise^

### ^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



## 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. Simply assemble the sandwich using Tip Top® The One®, baby spinach, tomato, chicken and home-made mayonnaise.
2. Feel free to add in any colourful vegetables like beetroot, capsicum or cucumber.

Tip: If your kids won't eat too many vegies in a sandwich, giving them vegie sticks on the side is a good way to get them to nibble them separately. Try giving them some low fat ricotta, hummus or tzatziki to dip their veggie sticks in.

NUTRITION FACT: This sandwich is high in fibre and a source of protein.