



Light chicken hot dog

“ Counting the calories? Enjoy a lighter bite with this quick ‘n’ easy recipe. ”

Makes 10 light and tasty hot dogs

Perfect for...



Kid's party



Easy lunch



Movie night



Family night



Teatime snack

Ingredients

350g pack HERTA® Chicken Frankfurters

10 seeded buns

300g mixed salad leaves

Light mayonnaise or tomato ketchup

How to create the lighter hot dog

1

Cook your HERTA® Chicken Frankfurters following the pack instructions.

2

Split the rolls and gently stuff each one with a little lettuce, a hot frankfurter and a hearty squeeze of mayonnaise (if you like).

3

Serve with fresh side salads.

4

Enjoy.

Each serving typically contains

Calories	Sugars	Fat	Saturates	Salt
294	4.2g	13.0g	3.1g	1.32g
15%	5%	19%	16%	22%

of an adult's Guideline Daily Amount (GDA)*

* GDAs are guidelines. Personal requirements vary depending on age, gender, weight and activity levels.