



# UCOOK

## Portuguese Smoked Chicken Roll

with cucumber

Your finger-licking lunch awaits, Chef! A warm brioche bun is filled with prego sauce-covered shredded chicken, cooling rounds of cucumber & creamy yoghurt. Prepare yourself for envious stares wherever you eat this.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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Lunch

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Ingredients & Prep

3	Brioche Buns
3	Smoked Chicken Breasts <i>shred</i>
150ml	Prego Sauce
150g	Cucumber <i>rinse &amp; cut into thin rounds</i>
90ml	Greek Yoghurt

From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **ON A ROLL** Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **PREGO CHICKEN** In a bowl, combine the shredded chicken, and the prego sauce.
3. **LEKKER LUNCH** Top the bottom half of the roll with the cucumber rounds, and the prego chicken. Dollop over the yogurt, close up, and enjoy.

Nutritional Information

Per 100g

Energy	660kj
Energy	158kcal
Protein	8g
Carbs	18g
of which sugars	3.2g
Fibre	2.3g
Fat	5.9g
of which saturated	2g
Sodium	536.1mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Soy

Eat  
Within  
4 Days