



# UCCOOK

## Chicken Mayo Bagel

**with fresh green leaves**

Feel like broadening your food knowledge with a bit of bagel trivia, Chef? Bagels are the only bread that's boiled before being baked! Today your lunch will feature this unique vessel with shredded smoked chicken breast & tango mayo, with fresh greens for balance.

---

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

---

**Serves:** 3 People

---

**Chef:** Samantha du Toit

---

\*New Lunch

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

### Ingredients & Prep

3	Kleinskys Everything Bagels
3	Smoked Chicken Breasts <i>roughly shred</i>
3	Tangy Mayo Sachets
30g	Green Leaves <i>rinse &amp; shred</i>

### From Your Kitchen

Salt & Pepper  
Water

- 1. BEGIN YOUR BAGEL** Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
- 2. MMMAYO** In a bowl, combine the shredded chicken with the mayo.
- 3. AND... DONE!** Top the bottom halves of the heated bagels with the shredded leaves and the chicken mayo mixture. Close up and enjoy, Chef!

### Nutritional Information

Per 100g

Energy	1410kj
Energy	337kcal
Protein	7.4g
Carbs	31g
of which sugars	1.3g
Fibre	1.2g
Fat	20.1g
of which saturated	4g
Sodium	670mg

### Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites

Eat  
Within  
3 Days