



QCOOK

Smoked Chicken Mayo Sando

with potato crisps

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Ethan Shahim

Wine Pairing: Niñída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	806kJ	4437kJ
Energy	193kcal	1062kcal
Protein	5.6g	30.7g
Carbs	20g	113g
of which sugars	8.4g	46.2g
Fibre	2.3g	12.5g
Fat	10g	55.3g
of which saturated	2.2g	12.4g
Sodium	370mg	2037mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves
3	4	Celery Stalks
2	2	Spring Onions
2	2	Apples
3	4	Smoked Chicken Breasts
180ml	240ml	Tangy Mayo Mix <i>(22.5ml [30ml] Dijon Mustard, 135ml [180ml] Mayo & 22.5ml [30ml] Lemon Juice)</i>
3	4	Burger Buns
3 packs	4 packs	Rootstock Salt Crisps

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter (optional)

1. MIX THINGS UP Rinse all the fresh components. Roughly shred the salad leaves and thinly slice the celery and 1½ [all] of the spring onion. Core and thinly slice 1½ [all] of the apple. Use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Add all the components to a big salad bowl and mix in the tangy mayo mix. Season and set aside.

2. CRISPY BUN Place a pan over medium heat. Halve the buns and spread some butter or oil over the cut-side (optional). Toast until golden and warmed through.

3. A STAND-OUT MEAL Load up the buns with tangy chicken mix and close them up. Side with the potato crisps and just like that, dinner is served!