



# 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:** 4 People

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**Chef:** Jemimah Smith

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Lunch

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## Ingredients & Prep

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4	Brioche Buns
4	Smoked Chicken Breasts <i>shred</i>
200ml	Prego Sauce
200g	Cucumber <i>rinse &amp; cut into thin rounds</i>
125ml	Greek Yoghurt

## From Your Kitchen

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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

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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

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## Allergens

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

Eat  
Within  
4 Days