



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: 4 People

Chef: Samantha du Toit

***New Lunch**

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

Ingredients & Prep

4	Kleinskys Everything Bagels
4	Smoked Chicken Breasts <i>roughly shred</i>
4	Tangy Mayo Sachets
40g	Green Leaves <i>rinse & 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