



UCOOK

Creamy Smoked Chicken Sandwich

with Danish-style feta

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Lauren Nel

Nutritional Info	Per 100g	Per Portion
Energy	1010kJ	3083kJ
Energy	242kcal	739kcal
Protein	9.3g	28.4g
Carbs	19g	59g
of which sugars	3.1g	9.5g
Fibre	0.9g	2.6g
Fat	14.3g	43.6g
of which saturated	4.2g	12.8g
Sodium	634mg	1935mg

Allergens: Sulphites, Egg, Gluten, Sugar Alcohol (Sweetener), Wheat, Cow's Milk, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
125g	250g	Smoked Chicken Breast/s <i>roughly chop</i>
20g	40g	Danish-style Feta <i>drain & crumble</i>
50ml	100ml	Spicy Mayo <i>(35ml [70ml] Mayo & 15ml [30ml] Peri-peri Sauce)</i>
1	1	Spring Onion <i>rinse, trim & roughly slice</i>
1	2	Brioche Bun/s

From Your Kitchen

Water

Seasoning (salt & pepper)

1. **SOME PREP** In a bowl, combine the chicken, feta, spicy mayo, and spring onion (to taste).
2. **BUN** Cut the bun/s in half and heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
3. **TIME TO EAT** Load the bottom bun/s with the chicken mixture and close up with the other half.