Eat Within 3 Days

UCOOK

# Smoked Chicken Mayo Sando

**with potato crisps**

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Ethan Shahim

**Wine Pairing:** Nitída | 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

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 20g | 40g | Salad Leaves |
| 1 | 2 | Celery Stalk/s |
| 1 | 1 | Spring Onion |
| 1 | 1 | Apple |
| 1 | 2 | Smoked Chicken Breast/s |
| 60ml | 120ml | Tangy Mayo Mix *(7.5ml [15ml] Dijon Mustard, 45ml [90ml] Mayo & 7.5ml [15ml] Lemon Juice)* |
| 1 | 2 | Burger Bun/s |
| 1 pack | 2 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 ½ [1] of the spring onion. Core and thinly slice ½ [1] 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 bun/s 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 bun/s with tangy chicken mix and close it [them] up. Side with the potato crisps and just like that, dinner is served!