



# uCOOK

## Chicken Mayo Bagel

with fresh green leaves

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

### Nutritional Info

	Per 100g	Per Portion
Energy	1076kJ	3068kJ
Energy	257kcal	733kcal
Protein	10.1g	28.7g
Carbs	24g	70g
of which sugars	2.3g	6.6g
Fibre	0.7g	2.1g
Fat	13.7g	39g
of which saturated	2.9g	8.3g
Sodium	732mg	2086mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	2	Sesame Bagel/s
1	2	Smoked Chicken Breast/s <i>roughly shred</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
10g	20g	Green Leaves <i>rinse &amp; shred</i>

## From Your Kitchen

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Seasoning (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 chicken with the mayo.

3. **AND... DONE!** Top the bottom half of the heated bagel with the green leaves and the chicken mayo mixture. Close up and enjoy, Chef!