



UcOOL

Creamy Smoked Chicken Sandwich

with Danish-style feta

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

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 3 [Serves 4]

375g	500g	Smoked Chicken Breasts <i>roughly chop</i>
60g	80g	Danish-style Feta <i>drain & crumble</i>
150ml	200ml	Spicy Mayo <i>(105ml [140ml] Mayo & 45ml [60ml] Peri-peri Sauce)</i>
1	1	Spring Onion <i>rinse, trim & roughly slice</i>
3	4	Brioche Buns

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 buns in half and heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
3. **TIME TO EAT** Load the bottom buns with the chicken mixture and close up with the other half.