



uCOOK

Chicken Mayo Bagel

with fresh green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 3 & 4

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:

Serves 3 [\[Serves 4\]](#)

3	4	Sesame Bagels
3	4	Smoked Chicken Breasts <i>roughly shred</i>
150ml	200ml	Hellmann's Tangy Mayonnaise
30g	40g	Green Leaves <i>rinse & shred</i>

From Your Kitchen

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!