

Proper Roast chicken salad sandwich with chilli, lime & coriander dressing

(Serves 1)

Ingredients

- 50g Chicken, roasted, no skin, sliced
- 1 tbsp Light Olive spread
- 2 x 800g Slices Hovis wholemeal bread, medium
- Handful Mixed salad leaves
- 2 inch piece Cucumber
- 1/2 tbsp Chilli, lime & coriander dressing (Sainsburys)
- 80g Tomatoes, any

Preparation

1. Slice 50g of roast chicken (no skin) & set to one side.
2. Spread olive spread on 2 pieces of bread.
3. Put a handful of mixed salad leaves into a dish & roughly chop.
4. Cut cucumber in half. Cut 1 half into pieces & save other half.
5. Throw cucumber pieces in with salad leaves & add dressing.
6. Toss salad gently.
7. Put salad leaves on one slice of the bread & top with chicken slices.
8. Cover with second slice & cut into triangles.
9. Serve with tomatoes & other half of cucumber on side.

TOP TIP: This is great to use up left over chicken after a roast dinner. You can buy cooked ready-to-eat chicken pieces if you want to save time & calories, but it can work out quite a bit more expensive & isn't quite as tasty! If you are making this sandwich in a lunchbox, i would recommend you keep the dressing in a separate little pot & add it just prior to eating so the sandwich doesn't go soggy.

NUTRITIONAL VALUES

PER SERVING

Calories 392

Total Sugars 8.64g

Total Fats 16.41g

Saturated Fats 4.12g

Salt 1.18g

Fruit & Veg 2