



5-10 mins

## Lunch Recipe

# Chicken Salad Sandwich (Uncooked)

### Allergens



SOYA



MILK



RYE



BARLEY



WHEAT



MUSTARD



EGG

### Utensils



knife



bread knife



Chopping board

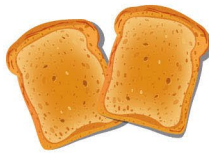
### You will need...



50g pre-sliced chicken breast



3 lettuce leaves



2 slices granary bread



6 slices cucumber



1 Tbsp reduced fat mayonnaise

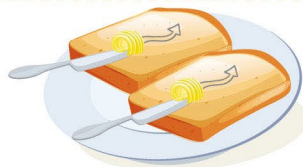


1 tomato

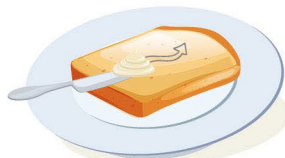


1 Tsp reduced fat butter

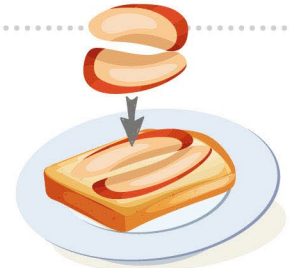
- 1** Spread the butter onto the slices of bread



- 2** Spread the mayonnaise on one slice of the bread



- 3** Lay the chicken slices on top of the mayonnaise



- 4** On a chopping board, chop the tomato and cucumber with a knife

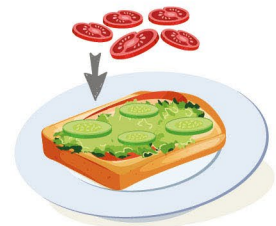
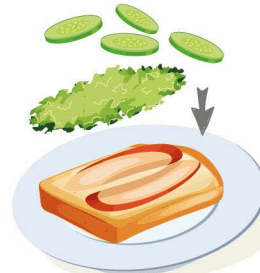


SHARP

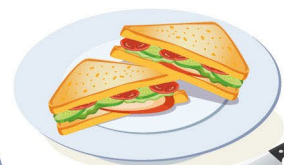
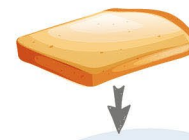


SHARP

- 5** On top of the chicken, layer the lettuce, cucumber and tomato



- 5** Lay the other slice of bread on top and using a bread knife, chop the sandwich in half



SHARP



Enjoy your lunch!