

Nutritious & Delicious Sandwich Recipes



Chargrilled Chicken Breast With Rouille, Grilled Red Pepper, Aubergine & Cos Lettuce on White Bloomer

Ingredients (Makes 2)

For the rouille:

½ red pepper cooked, deseeded and skinned
1 large peeled cooked new potato
4 tablespoon of mayonnaise (reduced fat)
½ glove garlic, crushed
Pinch of saffron
1 tablespoon of tomato Provencal (Sauce)
Pinch cayenne pepper
Salt to taste

1. Heat 1 tablespoon of boiling hot water and pour onto the saffron, Place all the ingredients into a food processor and blend

For the sandwich:

1 skinless chargrilled chicken breast (150g)
2 - 4 grilled aubergine slices, depending on size (35g)
2 - 4 marinated cooked red pepper halves (35g)
4 yellow leaves of cos lettuce
4 slices plain or tomato bloomer (120g total)
Flaked sea salt (optional)
Milled black pepper (optional)

1. Spread the rouille on all four slices of bread.
2. Slice the chicken breast and place onto two of the rouille covered bread pieces, followed by the remaining ingredients, season with salt and milled black pepper.
3. Place the remaining bread slices on top, cut in half and serve.

Key Nutrients

Portion	274g	100g	
Calories	426 (kcal)	155 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	17.1g	6.2g	Med
Saturates	2.7g	1.0g	Low
Sugars	7.5g	2.6g	Low
Salt	1.7g	0.6g	Med
Protein	30.9g	11.3g	-

Allergen Info: Wheat, Eggs, Mustard