

## Nutritious & Delicious Sandwich Recipes



### Chicken & Avocado Salad

#### Ingredients (serves 1)

2 Thick Slices Wholemeal Bread  
100g Chicken, skinless and boneless, poached  
Avocado  
Plum Tomato  
Cos lettuce  
Low fat mayonnaise  
Salt & pepper

#### Method

1. Butter the bread with the mayonnaise
2. Shred the chicken over the first slice, topped with the tomato, avocado and cos lettuce.
3. Lightly season and close the sandwich

#### Key Nutrients

Portion	366g	100g	
Calories	<b>537 (kcal)</b>	<b>160 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	19.7g	5.4g	Med
Saturates	4.1g	1.1g	Low
Sugars	5.9g	1.6g	Low
Salt	2.1g	0.6g	Med
Protein	42.1g	11.5g	-

**Allergen Info: Wheat, Eggs, Mustard**