

Nutritious & Delicious Sandwich Recipes



Chicken Pad Thai Sandwich

Ingredients (Serves 1)

2 x Thick slices wholemeal bread

75g Chicken (poached, cooled and sliced)

30g Rocket and watercress leaves

10g Low fat spread

3g Coriander leaves

15g Crunchy peanut butter spread

15ml Citrus Thai mayonnaise (low fat mayonnaise, lime zest, lemon zest, lime juice, lemon juice, chilli flakes, garlic puree, lemon grass and chopped spring onion)

Method

1. Apply spread evenly over both pieces of bread.
2. Spread the citrus Thai mayonnaise onto the bottom slice of bread, place chicken evenly on top of the mayonnaise.
3. Place the rocket, watercress and coriander leaves on top of the chicken.
4. Spread crunchy peanut butter thinly and evenly across second slice of bread.
5. Top, cut and serve

Key Nutrients

Portion	258g	100g	
Calories	505 (kcal)	196 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	20.2g	7.7g	Med
Saturates	3.8g	1.5g	Low
Sugars	4.9g	1.9g	Low
Salt	2.0g	0.8g	Med
Protein	38.5g	14.9g	-

Allergen Info: Nuts, Wheat, Peanuts, Eggs, Mustard