

Nutritious & Delicious Sandwich Recipes



Chicken, Spinach and Roasted Red Pepper & Squash Wrap

Ingredients (serves 1)

1 Wholemeal wrap
125g Breast of Chicken, skinless & boneless
70g Red Pepper, deseeded & sliced
70g Squash, peeled & sliced
1 tsp Olive oil
20g Spinach, washed & dried
25g Low fat mayonnaise
Thyme
Salt & Pepper

Method

1. Poach the chicken and allow to cool. Shred.
2. Roast the pepper and the squash, allow to cool.
3. Make the thyme mayonnaise.
4. Spread over the wrap.
5. Layer the chicken squash, pepper and spinach on top.
6. Fold up the wrap.

Key Nutrients

Portion	394g	100g	
Calories	533 (kcal)	140 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	17.5g	4.4g	Med
Saturates	3.1g	0.8g	Low
Sugars	8.9g	2.3g	Low
Salt	1.9g	0.5g	Med
Protein	44.9g	11.4g	-

Allergen Info: Wheat, Eggs, Mustard