



# Chipotle Chicken Mayo Pretzel Bun with Monterey Jack and Baby Gem

Lunch 5 Minutes • Very Hot!

4A



Mayonnaise



Chipotle Paste



Pretzel Roll



Baby Gem Lettuce



Monterey Jack Cheese



Cooked Chicken Slices



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## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl, Knife, Cutting Board.

## Ingredients

	Quantity
Mayonnaise <b>8) 9)</b>	1 sachet
Chipotle Paste	¼ sachet
Pretzel Roll <b>13)</b>	1
Baby Gem Lettuce**	1
Monterey Jack Cheese** <b>7)</b>	30g
Cooked Chicken Slices**	1 pack

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>119g</b>	<b>100g</b>
Energy (kJ/kcal)	960/229	810/193
Fat (g)	11	10
Sat. Fat (g)	5	4
Carbohydrate (g)	22	19
Sugars (g)	4	3
Protein (g)	8	7
Salt (g)	1.09	0.92

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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1



2



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## Mix It Up

**a)** Put the **mayo** into a bowl and add the **chipotle** (see ingredients for amount). Careful, the **chipotle** is hot - add less if you don't like heat. Mix together.

**b)** Halve the **pretzel roll** and spread **half** the **chipotle mayo** on the cut sides of the **roll**.

## Prep the Fillings

**a)** Trim the root from the **baby gem lettuce** then separate the leaves.

**b)** Thinly slice the **Monterey Jack cheese**.

**c)** Toss the **cooked chicken** in the **remaining chipotle mayo**.

## Tuck In

**a)** Pop a couple of **baby gem leaves** on the base of the **roll** (use as much or as little as you like).

**b)** Lay the **mayo chicken slices** on top and then follow with the **cheese**.

**c)** Sandwich together.

**d)** Finish up and prepare to be swept away with an audiobook of your choice.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.

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