



Chipotle Mayo Chicken Sandwich

Lunch 5 Minutes • Very Hot!

4A



Mayonnaise



Chipotle Paste



Pretzel Roll



Baby Gem Lettuce



Monterey Jack Cheese



Cooked Chicken Slices

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	149g	100g
Energy (kJ/kcal)	1134 /271	764 /182
Fat (g)	12	8
Sat. Fat (g)	5	3
Carbohydrate (g)	24	16
Sugars (g)	4	3
Protein (g)	16	10
Salt (g)	1.22	0.82

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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 spicy - add less if you don't like heat. Mix together.

b) Halve the **pretzel roll** and spread **half** the **chipotle mayo** on the bottom and top of the inside of the roll.

Prep the Rest

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** into the remaining **chipotle mayo**.

Finish and Serve

a) Pop a **couple** of **leaves** on the base of the **sandwich** (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 and tuck in.

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.