



King's Coronation Chicken Sandwich with Mango Chutney and Rocket

Coronation Weekend 15-25 Minutes • Mild Spice

4A



Diced Chicken Breast



Mayonnaise



Curry Powder



Seeded Roll



Mango Chutney



Rocket

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, bowl, knife and chopping board.

Ingredients

Ingredients	Quantity
Diced Chicken Breast**	260g
Mayonnaise 8 9	64g
Curry Powder	1 sachet
Seeded Roll 13	2
Mango Chutney	40g
Rocket**	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 305g	Per 100g 100g
Energy (kJ/kcal)	2405/575	790/189
Fat (g)	18.3	6.0
Sat. Fat (g)	2.1	0.7
Carbohydrate (g)	62.1	20.4
Sugars (g)	15.3	5.0
Protein (g)	42.3	13.9
Salt (g)	2.54	0.83

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

8 Egg **9** Mustard **13** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



2



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Fry your Chicken

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **chicken** to the pan and season with **salt** and **pepper**.

c) Fry your **chicken** until golden brown on the outside and cooked through, 8-10 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.
It's cooked when no longer pink in the middle.

d) Once the **chicken** is cooked, set aside to cool, 5-10 mins.

Bring on the Coronation Flavours

a) Meanwhile, combine the **mayo** and **curry powder** (add less if you'd prefer things milder) in a small bowl.

b) Halve the **seeded rolls** lengthways.

c) Spread a spoonful of your **curry spiced mayo** on the **base** of the **rolls**.

d) Spread the **mango chutney** on the top **halves** of the **rolls**.

Lunch is Served

a) Place the **rocket** on the **base** of the **rolls**.

b) Pop the **fried chicken** on top.

c) Sandwich together and tuck in.

Enjoy!