



# Sweet Chilli Chicken Sarnie

with Rocket, Tomato and Mayo

Lunch 5 Minutes • Little Spice

4A



Medium Tomato



Cooked Chicken Slices



Sweet Chilli Sauce



Seeded Roll



Mayonnaise



Rocket

## Before you start

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

## Cooking tools, you will need:

Small Bowl, Knife, Cutting Board.

## Ingredients

	2P
Medium Tomato**	1
Cooked Chicken Slices**	1 pack
Sweet Chilli Sauce	1 sachet
Seeded Roll <b>13</b>	1
Mayonnaise <b>8</b> <b>9</b> **	1 sachet
Rocket**	20g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>172g</b>	<b>100g</b>
Energy (kJ/kcal)	1141 / 273	663 / 159
Fat (g)	8	5
Sat. Fat (g)	1	1
Carbohydrate (g)	38	22
Sugars (g)	12	7
Protein (g)	13	8
Salt (g)	1.26	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

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

 You can recycle me!



1



2



3



## Quick Prep

a) Thinly slice the **tomato**.

b) In a small bowl, mix together the **chicken pieces** and the **sweet chilli sauce**.

c) Slice the **seeded roll** in half lengthways.

## On a Roll

a) Spread the **mayo** onto the bottom half of the **roll** (as much as you would like).

b) Lay the **rocket** on top.

c) Arrange the **tomato slices** on top of the **rocket**.

## Finish and Eat

a) Top the **tomato** with the **sweet chilli chicken pieces**.

b) Sandwich on the top half of the **roll**.

c) Lunch is ready.

## 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.