



CHICKEN CAESAR SANDWICH

🕒 10 minutes

🕒 30 minutes

🍴 1 portion

INGREDIENTS

- 1 tsp of olive oil, (5 g)
- 60 grams of chicken breast
- 1 tsp mayonnaise, light (5 g)
- 1/2 tbsp wholegrain mustard (8 g)
- 2 slices of bread, wholegrain (64 g)
- 10 grams of baby spinach, raw
- 1/2 tomato, sliced (62 g)
- 10 grams of deli ham,
- 1 tbsp of cheese, parmesan, grated (5 g)
- 1/2 tsp of lemon juice (3 g)

COOKING METHOD

- 1° Preheat a chargrill pan on medium-high heat. Coat both sides of chicken in oil and season with salt & pepper. Add to chagrill & reduce heat to medium. Cook for 4 minutes each side or until cooked through. Transfer to plate to cool slightly. Slice thinly.
- 2° Combine mayo, mustard and lemon juice in a small bowl
- 3° Combine mayo, mustard and lemon juice in a small bowl
- 4° Combine mayo, mustard and lemon juice in a small bowl. Place 1 piece of bread on a plate. Top with spinach, tomato, ham, chicken and Parmesan. Drizzle over dressing, top with remaining bread slice and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (230 g)	% DRI
ENERGY	163 kcal	375 kcal	19 %
FAT	7 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	19 %
CHOLESTEROL	20 mg	46 mg	15 %
SODIUM	276 mg	633 mg	26 %
CARBOHYDRATE	15 g	35 g	12 %
SUGARS	3 g	6 g	—
FIBER	2 g	5 g	20 %
PROTEIN	11 g	25 g	—