



Serves: 4

Poached Chicken Sandwich with Mango Mayonnaise

Ingredients

- Fat-free mayonnaise 60g
- Mango puree, use seasonal mangoes 40g
- Lemon juice 4 tsp
- Tabasco sauce 2 tsp
- White pepper ½ tsp
- Chicken breast, poached, shredded 360g
- Multigrain Soft Bread 8 slices
- Canola olive oil spread 2 tsp
- Lettuce 120g
- Tomatoes, sliced 120g

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use unsalted butter or margarine to reduce sodium content.
- Colourful fruit and vegetables are packed with nutrients and phytochemicals, so add them to rice, noodle and even meat dishes for nutritious and balanced meals.

Method

- Mix all ingredients for the chicken mayonnaise well.
- Spread bread with olive oil spread. Top with chicken mayonnaise.
- Add lettuce and tomatoes, as desired.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 422kcal
Protein 46.5g
Total fat (g and % of total calories)
8.3g (18.2%)
Saturated fat 2.3g
Cholesterol 102mg
Carbohydrate 37.2g
Dietary Fibre 5.0g
Sodium 481mg