

CHICKEN AND PESTO RYE BREAD SANDWICH

Preparation Time: 15 – 20 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Chicken breasts, skinless, cooked and shredded	1 Large	2 Large	3 Large	4 Large
Rocket leaves, finely chopped	2 Tbs.	4 Tbs.	6 Tbs.	8 Tbs.
Rye bread	2 Slices	4 Slices	6 Slices	8 Slices
Pesto:				
Olive oil	½ Tbs.	1 Tbs.	1 ½ Tbs.	2 Tbs.
Basil, fresh, finely chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Pine nuts	½ Tbs.	1 Tbs.	1 ½ Tbs.	2 Tbs.
Black pepper, freshly ground	To taste	To taste	To taste	To taste

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Method:

- Place the oil, basil and pine nuts into a blender and blend until smooth to make the pesto.
- Place the shredded chicken into a bowl and add the basil and coat the chicken.
- Place the rocket leaves onto the rye bread and top with the pesto chicken.
- Season with freshly ground black pepper and enjoy.

Tips to Reduce Preparation & Cooking Time:

- Buy already cooked chicken breasts to decrease preparation time.
- Buy already made pesto to decrease preparation time.
- Use shredded tuna as an alternative to chicken to reduce preparation time.

Chicken and Pesto Rye Bread Sandwich - Analysis per Serving	
Energy:	
Calories (kcal):	238
Protein (g):	20.8
Total Fat (g):	10.1
Saturated Fat (g):	2.0
Monounsaturated Fat (g):	5.0
Polyunsaturated Fat (g):	2.1
Omega-3's (g):	0.2
Cholesterol (mg):	53.0
Carbohydrates (g):	18.4
Of which is sugars (g):	0.0
Fiber (g):	2.0
Sodium (mg):	255.0