



Chicken & Sweet Potato Sandwich

This recipe is not only tasty and substantial, but also colourful! Combining layers of white shaved chicken and ricotta cheese, the orange of sweet potato and green shades of cucumber and spinach, sandwiched between wholesome dark brown slices of Bürgen® Rye Bread – this sandwich is a feast for your eyes as well as your taste buds!

Ingredients:

2 slices Bürgen® Rye Bread
20g reduced fat ricotta cheese
25g Don® shaved roast chicken
50g cooked sweet potato, mashed or sliced
Sliced cucumber
Pine nuts, finely chopped
Baby spinach leaves

Preparation:

Preparation time: 5 minutes; Serves 1.

1. Spread ricotta over 2 slices of bread, top 1 slice with chicken, sweet potato, cucumber, pine nuts and spinach leaves. Cover with remaining bread and serve immediately.
- + High fibre foods help to maintain a healthy digestive system. This recipe contains 36% of your Daily Intake for fibre.*
*% Daily Intake is based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
 - + Contains Prebiotics which increase the number of good bacteria in our bodies and help to maintain digestive balance.

Average Nutritional Information per serve	
Energy	1350 kJ
Protein	18.4 g
Fat	9.1 g
Saturated Fat	2.0 g
Carbohydrate	36.1 g
Sugars	6.0 g
Fibre	10.9 g
Sodium	544 mg