

Chicken and Vegetable Roll



This innovative recipe takes your regular chicken sandwich to new heights that are sure to be a hit with everybody – including the kids. With roast chicken, lots of vegetables and a smooth base of cream cheese, honey and mustard all “rolled” into one using Bürgen® Grains with Barley Bread – these little scrolls will be practically jumping off the plate.

Ingredients:

- 2 slices Bürgen® Grains with Barley Bread
- 25g shaved roast chicken
- Mixed vegetable strips: red, green or yellow peppers, cucumber and spring onions
- Snow pea sprouts
- ½ tbsp light cream cheese
- 1 tsp yellowbox honey
- 1 tsp wholegrain mustard

Preparation:

Preparation time: 25 minutes; Serves 1.

1. Remove side crusts from each slice of the bread. Mix light cream cheese, honey and mustard and blend to a smooth paste. Gently spread a layer of cream cheese mix on each slice.
 2. Arrange a selection of chicken, snow pea sprouts and vegetable strips on top. Carefully but firmly roll the bread into a scroll.
 3. Wrap firmly in cling film. Refrigerate for 15-20 mins before serving.
- Australian Dietary Guidelines recommend we enjoy a wide variety of nutritious foods and eat plenty of vegetables, legumes and fruits. Boost your vegetable intake by adding some carrot and celery strips to this recipe.

Average Nutritional Information per serve

Energy	1159 kJ
Protein	15.8 g
Fat	6.1 g
Saturated Fat	2.1 g
Carbohydrate	36.6 g
Sugars	7.6 g
Fibre	4.7 g
Sodium	660 mg

