

# BÜRGEN® RECIPES

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## Chicken, Semi-dried tomato & Pesto Sandwich

### Ingredients:

- 2 slices Burgen® Wholemeal & Seeds Bread
- 50 grams cooked chicken, skin removed
- Baby spinach leaves
- 1 tsp pesto
- Semi-dried tomatoes
- Slivered toasted almonds

### Preparation:

Preparation time: 5 minutes

Serves: 1

1. Spread pesto over 1 slice of bread, top with chicken, baby spinach leaves, sun-dried tomatoes and almonds.
2. Place other slice of bread on top, cut in half and serve immediately.



### Nutrition Information Per serve

Energy	1537kJ
Protein	26.5g
Fat, total	13.8g
- Saturated	1.7g
CHO	29.0g
- Sugar	9.9g
Dietary Fibre	10.4g
Sodium	840mg