



Chicken Breast & Serrano Multigrain Baguette with Avocado and Mayonnaise

Lunch 15-20 Minutes

13A

Find all your unchilled Market items in bag A.



SlooOW Rustic Multigrain Baguette



Avocado



Mayonnaise



Cooked Chicken Slices



Serrano Ham

Pantry Items
Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	Quantity
SlooOW Rustic Multigrain Baguette 3) 11) 13)	1
Avocado	1
Mayonnaise 8) 9)	64g
Cooked Chicken Slices**	1 pack
Serrano Ham**	2 slices

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	227g	100g
Energy (kJ/kcal)	1771/423	780/186
Fat (g)	27.4	12.1
Sat. Fat (g)	4.6	2.0
Carbohydrate (g)	16.1	7.1
Sugars (g)	1.6	0.7
Protein (g)	28.7	12.6
Salt (g)	2.48	1.09

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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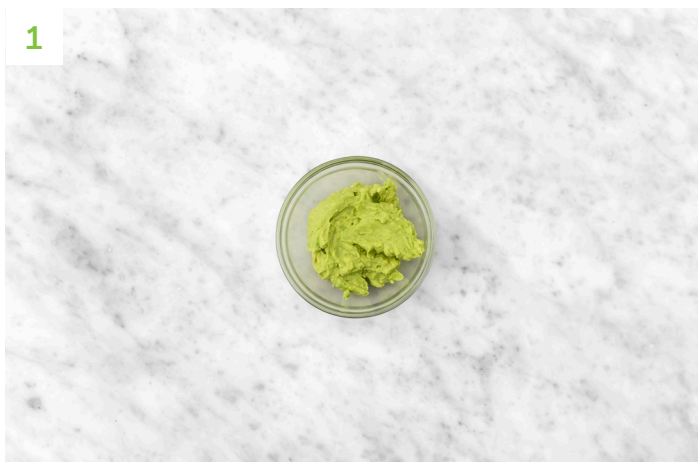
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1



2



3



Get Smashing

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Remove the **bread** from the packaging and pop onto a baking tray. Bake until toasted and golden, 10-12 mins.

c) Once baked, allow to cool, 5 mins.

d) Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh into a bowl. Mash with a fork. Season with **salt** and **pepper**.

Slice the Bread

a) Once the **baguette** has cooled slightly, slice in half lengthways.

Assemble your Sandwich

a) Spread the **mayo** on the **lid** of the **baguette**, then spread the **smashed avocado** on the **base**.

b) Top the **avocado** with the **cooked chicken slices**.

c) Lay the **Serrano ham** on top of the **chicken**.

d) Sandwich on the **baguette lid**, slice in half widthways and share between 2 plates.

Enjoy!