



INGREDIENTS

- 4 Sunbake seeded brown bread rolls
- Spreadable butter or margarine
- Handful of mixed salad leaves
- 50g cooked chicken breast sliced
- ¹⁄₂ cucumber thinly sliced
- Peri-peri mayonnaise or other dressing
- Salt and freshly ground black pepper to taste

MAKES

Chicken and Cucumber on a Seeded Bread Roll

DIRECTIONS

Make up the rolls by cutting each one in half long ways, butter and fill firstly with the salad leaves then the sliced chicken. Top this with the cucumber slices followed by the dressing of your choice. Season with salt and pepper. One can add any other ingredients to this roll too, some ideas are as follows: gherkins, avocado, feta or tomato.

4 rolls