

Chicken Sandwich

These are delicious chicken mayo sandwiches which are great for packed lunches. You can sandwich this in bread or make a delicious wrap with it.

Makes 2 sandwiches

Ingredients

2 boneless skinless chicken breast
oil of choice
2 tbsp mayonnaise
1 tsp wholegrain mustard
salt
4 slices bread of choice
butter
spinach (optional)

Method

- Place the chicken on a chopping board and cover in clingfilm or beeswax wrap. Use a rolling pin to flatten it to the same thickness.
- Add 1 tbsp oil to a hot pan. Add the chicken, cover, and cook for 8-10 minutes. When it's cooked, allow it to cool before you move onto the next step.
- Place the chicken in a large bowl and shred it with a fork or your hands. Add the mayonnaise, mustard, and a good pinch of salt. Mix well.
- Butter all the slices of bread. Add 2 tbsp of the chicken to 1 slice, add some spinach leaves, and sandwich with another. Repeat the process with the remaining ingredients.

Time to tuck in!