

Breakfast



RECIPE

## Chicken Coleslaw Sandwich

# Ingredients

- 2 whole wheat bread slices
- 1 tbsp mayonnaise
- 2 tsp, grated carrot
- 2 tsp, grated cabbage
- 2 ½ tbsp, boiled and shredded chicken
- Salt to taste
- Black pepper as required
- 1 tsp butter melted

# Step by step

## Cooking Instructions

1. First rinse and grate the veggies
2. Add mayonnaise to the grated vegetables.
3. To this add shredded and boiled chicken pieces. You can also cut them small if required.
4. Season with salt and pepper as per taste or requirement and mix well.
5. Take the bread slices and spread some butter on them.
6. Spread the mixture over a buttered slice and cover this with the other slice. Place the sandwich in the preheated sandwich maker.
7. Grill till crisp and golden.
8. Serve chicken coleslaw sandwich hot plain or with any dip or sauce of your choice.

# Nutritional values

## 2-3 Year olds

<b>Energy</b>	<b>14.09 kcal</b>
<b>Protein</b>	<b>32.2% (RDA)*</b>
<b>Calcium</b>	<b>3.04% (RDA)*</b>
<b>Iron</b>	<b>10.75% (RDA)*</b>

## 4-5 Year olds

<b>Energy</b>	<b>11.06 kcal</b>
<b>Protein</b>	<b>26.75% (RDA)*</b>
<b>Calcium</b>	<b>3.04% (RDA)*</b>
<b>Iron</b>	<b>7.44% (RDA)*</b>

**\*Recommended dietary allowance**

## TIPS

- You can cut the sandwiches in different shapes with the help of knife or molds.
- Add seasoning like oregano or herbs if your child is fond of those.
- You can add up one more layer to this sandwich and make it bi-layer or double decker by adding green chutney spread to it.
- You can also include vegetables like onion, tomato or bell peppers to give variations.