



# Chicken Salad Sandwich



**SHALITFOODS**  
INNOVATIVE BRANDS | CANADA | USA





# Chicken Salad Sandwich

Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	2 x #24 Scoop (80 gm total)	400 gm (14.1 oz)
PE Chicken (PE#21735)	#16 Scoop (60 gm)	300 gm 10.6 oz
PE Spinach (PE#21743)	1 Tbsp (15 ml)	75 gm (2.6 oz)
Mayonnaise	1 Tbsp (15 ml)	75 ml (2.6 fl oz)
Mustard (smooth)	1 tsp (5 ml)	25 ml (1 fl oz)
Pickle Juice	¼ tsp (1 ml)	5 ml (1 tsp)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Cold Service - Keep Puree Essentials food cold prior to service, below 4° C or 40° F.



2. Plate first #24 Scoop (40 gm) of whole wheat bread "sandwich" bottom.



3. Combine the #16 Scoop (60 gm) of chicken mousse, 1 Tbsp (15 ml) of mayonnaise, 1 tsp (5 ml) of mustard and ¼ tsp (1 ml) of pickle juice. Mix with several stirs with a spoon or spatula. Add in 1 Tbsp (15 ml) of spinach mousse and mix with a few final stirs with a spoon or spatula but keeping the colour of the spinach in a granular look. Do not over-stir to avoid resulting in a light green mixture.



4. Place the scoop of chicken mousse mix on top of the bread.

5. Finish the sandwich with the second #24 Scoop (40 gm) remaining scoop of whole wheat bread "sandwich" top.



Cold Service - keep Puree Essentials food temperatures cold, below 4° C or 40° F.

**Variations:** replace chicken with other proteins such as PE Ham, Turkey, Beef or Pork Puree.

Nutrition Facts	
Valeur nutritive	
Per 1 sand (174g) / par 1 sand (174g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 300	
<b>Fat / Lipides</b> 18g	<b>27%</b>
Saturated / satures 4g	
+ Trans / trans 0g	<b>20%</b>
<b>Cholesterol / Cholesterol</b> 25mg	
<b>Sodium / Sodium</b> 690mg	<b>29%</b>
<b>Carbohydrate / Glucides</b> 26g	<b>9%</b>
Fibre / Fibres 4g	<b>16%</b>
Sugars / Sucres 7g	
<b>Protein / Proteines</b> 13g	
Vitamin A / Vitamine A	4%
Vitamin C / Vitamine C	2%
Calcium / Calcium	8%
Iron / Fer	20%

