

GRAB and GO

Spicy Tandoori Bagel

Straight from the New York deli: tandoori flavoured chicken chunks with mayo and mango chutney in a bagel.

Makes 10 portions (172g/portion)

Ingredients

500g	25 Green Gourmet Tandoori Chicken Chunks (GG code – 7297)
100g	low calorie mayonnaise
50g	mango chutney
100g	washed shredded lettuce
1000g	10 bagels

Method

1. Cook the Green Gourmet Tandoori Chicken Chunks according to cooking instructions. Cool and cut chunks into halves.
2. Combine the mayonnaise and mango chutney and spread onto the base of the sliced bagel.
3. Place some shredded lettuce on top.
4. Place Green Gourmet Tandoori Chicken Chunks on top of lettuce and top with bagel lid.

Serving Suggestions

Serve with a green salad and potato wedges to transform this easy to make item into a complete meal.

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
222.8	3.6	0.2	40.0	4.6	1.7
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
9.9	0.3	0.2	11.5	7.9	0.5
Folate (µg)	Sodium (mg)				
6.1	453.8				

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