

Fresh for Kids®

Chicken schnitzel, cucumber & lettuce roll



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Preparation: 10 minutes

Serves: 2

Tip: Use a vegetable peeler to cut the cucumber lengthways into thin strips. If making schnitzels, always cook an extra one and store it in an airtight container in the fridge so it's ready to include in this sandwich in the morning.

You can buy crumbed chicken schnitzel from most butchers and frozen in supermarkets, and also ready-cooked schnitzel from take-away chicken shops.

2 wholegrain bread roll
1 tbs reduced fat mayonnaise
2 butter or Iceberg lettuce leaf
8 thin slices Lebanese cucumber
2 pieces cooked crumbed chicken schnitzel
Salt and ground black pepper

1. Cut roll in half and place onto a board. Spread cut sides of the roll with mayonnaise.
2. Top the roll base with lettuce, cucumber and then the schnitzel. Season with salt and pepper. Top with remaining bread, wrap and pack.

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