

# GRILLED CHICKEN AND ROASTED VEGETABLE SANDWICH

A grilled chicken and Mediterranean vegetable sandwich on a multi seed sourdough bread.



PREP TIME  
60 MIN



COOK TIME  
20 MIN



SERVINGS  
4

## Ingredients

- 8 slices of sourdough bread
- 4 small chicken fillets, butterflied
- 1 red pepper
- 1 yellow pepper
- 1 courgette
- 1 aubergine
- 1 red onion
- 60 g rocket
- 20g herbs de province
- 30g olive oil
- 80g [Blenders Real Mayonnaise](#)
- 40g [Blenders Italian Dressing](#)

## Allergens

Contains Gluten, Eggs, Mustard

## Method

1. In a large bowl place the chicken fillets, herbs and half of the oil and toss. Let marinate for an hour.
2. Slice the peppers into four flat shapes. Cut the courgette and aubergine into one cm strips length ways. Cut the red onion into eight segments.
3. Toss all the vegetables in the remaining oil and roast in an oven at 180 degrees for twenty minutes, turning over a few times until brown and a little charred. Remove and allow to cool.
4. Grill the chicken on a chargrill until cooked and allow to cool slightly.
5. Spread the mayonnaise on both sides of the bread, then add the rocket, chicken, roasted vegetables and drizzle with some Italian dressing. Top with the bread and slice in half to serve.

