Chicken and Apple Rye Sandwich

2 sandwiches, each made with 2 rye slices and half the chicken-apple filling · Active 20 min · Total 20 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 4 slices soft rye bread (160 g total)
- Cooked roasted skinless chicken breast, thinly sliced (200 g; about 1 1/2 cups)
- 1 small apple, washed, cored and thinly sliced (100 g edible, skin on)
- 1 small celery stalk, finely sliced (40 g)
- 1/4 cup plain nonfat Greek yogurt (60 g)
- 2 teaspoons prepared yellow mustard (10 g)
- 2 teaspoons lemon juice (10 ml/about 10 g)
- 4 small green lettuce leaves, washed and thoroughly dried (30 g)
- 1/8 teaspoon black pepper (0.3 g)

Set out

Kitchen scale, Clean knife and board, Mixing bowl and spoon, Paper towel or clean cloth for lettuce, 2 plates or separate lunch containers, Refrigerator

Allergens

Milk, Wheat and rye (gluten), Mustard; check bread and mustard for additional allergens. Check labels and substitutions.

Make it

1. Stir yogurt, mustard, lemon and pepper in the bowl. Add the cold sliced chicken and celery; turn until lightly coated. Slice the apple just before assembly.

2. Place 2 bread slices on each plate. Line all 4 slices with dry lettuce. Divide the chicken mixture between 2 lined slices and arrange half the apple on each. Close with the remaining lined slices.

3. Cut each sandwich in half if convenient and serve promptly, or keep the bread dry and filling cold in separate covered containers until assembly.

A useful kitchen skill

Notice the difference between a measured cooked-meat weight and a raw purchase weight. Keep a written original cook date on any portion reserved for later.

A useful detail

The 20-minute assembly time starts with fully cooked, refrigerated chicken. The estimate uses roasted breast meat only, not raw chicken, deli slices or meat with skin.

Keep it well

Keep chicken filling at 40°F/4°C or below and use within 2 days, never later than the original cooked-chicken deadline or the shorter dairy label. Assemble just before eating for the best bread texture. Refrigerate perishables within 2 hours, or 1 hour above 90°F/32°C. Transport in an insulated bag with two cold sources; refrigerate on arrival when possible.