



CRUNCHY CELERY, SUGAR SNAP PEA & CHICKEN ROLLS

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Preparation 20 mins | Makes 6

- 150g sugar snap peas, trimmed
- 1 celery stick, finely chopped
- 2 cups shredded cooked chicken
- ¼ cup reduced fat mayonnaise
- 6 long brioche bread rolls, split along the centre top

STEP 1 Bring a small saucepan of water to the boil over high heat. Plunge sugar snap peas into the pan, cook for 20 seconds. Drain and refresh in cold water. Pat dry on paper towel. Thinly slice the peas and place into a bowl.

STEP 2 Add celery, chicken and mayonnaise to peas. Season with salt and pepper to taste. Mix until well combined.

STEP 3 Spoon the sugar snap peas and chicken mixture into the rolls and serve.

Good for you... **SUGAR SNAP PEAS**

A good source of vitamin C, which contributes to the normal functioning of our immune system. Provide dietary fibre, which is needed for normal laxation. A source of potassium, which may help balance the adverse effects of sodium from salt. Provide niacin (Vitamin B3) which is needed for the normal release of energy from food.

