



**VEGETARIAN
EXPRESS**



Eat Curious Coronation 'Chicken' Sandwich

Ingredients

- 250g Eat Curious hot & spicy pieces
- 200g plant-based mayonnaise
- 20g brown raisins
- 10g fresh coriander
- 5g Santa Maria quick NY pickling spice mix
- 100g red peppers
- 240g sliced granary bloomer
- 20g korma paste

*Brown raisins may contain traces of Tree Nuts, Sesame & Sulphites
Korma curry paste may contain traces of Peanuts.*

Method | SERVES 4

- Dice the red peppers and mix with the pickling spice.
- Mix the korma paste with the Eat Curious hot and spicy pieces, mayonnaise and chopped coriander.
- Arrange as shown in the bloomer bread.

Typical Nutritional Values

	per 100g	serving 211g
Energy	939kJ 224Kcal	1981kJ 473kcal
Fat	12.0g	25.3g
of which Saturated	1.1g	2.3g
Carbohydrate	21.0g	44.3g
of which Sugars	5.6g	11.8g
Fibre	2.9g	6.1g
Protein	8.1g	17.1g
Salt	1.30g	2.74g

Suitable for: Vegan, Dairy free

Allergens: Cereal Gluten, Soya

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using chicken & eggs.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
200	14	1333

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.