



Chicken and Roasted Capsicum Open Sandwich



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PREP TIME: 10 min **COOKING TIME:** 20 min **SERVES:** 4 **DIFFICULTY:** Easy

Ingredients

3 cups low-salt vegetable stock
1 (200g) chicken breast fillet (shredded)
Olive oil cooking spray
4 thick slices sourdough
260g jar roasted capsicum, drained, and cut into strips
1 small clove garlic, crushed
1 tablespoon chopped basil
2 teaspoons olive oil
Freshly ground black pepper
1/3 cup shaved Parmesan for garnish

Method

1. Bring stock to the boil in a medium saucepan. Add chicken breast and cover with lid. Return to the boil and immediately remove from the heat. Leave the chicken in stock for 20 minutes. Remove, cool and finely shred.
2. Spray sourdough with cooking spray. Cook on a preheated char-grill pan for 2-3 minutes on each side or until crisp and charred. Set aside.
3. Combine roasted capsicum, garlic, basil and olive oil and season with freshly ground black pepper.
4. Arrange chicken onto bread and top with roasted capsicum. Garnish with Parmesan.

Notes

- Substitute with shredded chicken from the deli section of your supermarket.
- Char-grilled capsicum is available at major supermarkets or delis.
- Chicken and capsicum mixture can be made two days in advance.
- Omit chicken completely for those who need to eat less protein.

Nutritional profile per serve

Energy	637kj
Protein	12g
Carbohydrate	11g
Fibre	2g
Sodium	102mg (low)
Potassium	213mg (low)
Phosphate	118mg (take a phosphate binder with this meal if you are prescribed them)

This recipe is suitable for everyone with kidney disease.

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