

DINNER

# Dad's Chicken Sandwich

4 October 2026

| TOTAL TIME | PREP   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|-------------|----------|
| 10 min     | 10 min | 2      | \$5.47      | 479 kcal |



Dad's Chicken Sandwich could be just the dairy free recipe you've been looking for. For \$5.47 per serving, you get a main course that serves 2. One portion of this dish contains around 53g of protein, 9g of fat, and a total of 621 calories. From preparation to the plate, this recipe takes around 10...

## Ingredients

- ☐ 1 large Citrus-Garlic Roasted Chicken Breast or large roasted or rotisserie chicken breast
- ☐ 1½ tablespoons honey mustard
- ☐ 4 slices whole-grain seedy bread, toasted
- ☐ 4 endive spears, halved lengthwise
- ☐ 2 servings Kosher salt and freshly cracked black pepper
- ☐ 8 slices thin slices vine-ripened tomato, about 1 large

## Method

- 1 Remove the skin from the chicken and carefully carve the bone away from the breast meat. Thinly slice the breast crosswise on the diagonal.
- 2 Evenly spread the honey mustard on 1 side of each bread slice.
- 3 Lay 3 to 4 slices of tomato on 2 slices, followed by some endive and half the chicken on each. Season the layers with salt and pepper, to taste, as you build the sandwich. Top each sandwich with the other dressed bread slice.
- 4 Serve immediately or wrap and refrigerate until ready to eat.

### Nutrition per serving

479

KCAL

46 g

PROTEIN

7 g

FAT

63 g

CARBS

|               |                              |
|---------------|------------------------------|
| Saturated Fat | 1.7 g · 11% of daily needs   |
| Fibre         | 32.6 g · 130% of daily needs |
| Sugar         | 9.8 g · 11% of daily needs   |
| Sodium        | 769 mg · 33% of daily needs  |
| Cholesterol   | 73.1 mg · 24% of daily needs |
| Vitamin C     | 73.3 mg · 89% of daily needs |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/dads-chicken-sandwich-147875](https://whatsheate.com/dads-chicken-sandwich-147875)