

# Low FODMAP Capsicum, Fetta & Chicken Sandwiches

Serves: 2

Prep: 5 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
1 chicken breast fillet	180 g	6.3 oz
Olive oil cooking spray		
4 slices, sourdough spelt bread*	164 g	5.9 oz
Fetta cheese	125 g	4.4 oz
¼ medium red capsicum, deseeded, cut into strips	75 g	2.6 oz
¼ cup basil leaves	4 g	0.1 oz

## Method

1. Cut the chicken breast in half, to form 2 thin fillets. Spray with olive oil. Season with salt and pepper. Heat a frying pan over medium heat. Cook chicken fillets for 3 minutes on each side, or until just cooked through. Remove to a plate. Cover with foil. Stand for 5 minutes. Slice into thin strips.
2. Preheat a sandwich press. Lightly spray 4 slices of bread with oil.
3. Place 2 slices of bread on a place, oiled side down. Spread with feta. Season with salt and pepper. Top with chicken, peppers and basil.
4. Sandwich together with remaining bread slices, oiled side up.
5. Cook sandwiches for 5 to 6 minutes or until golden. Serve.

## Hints

\*Monash University Certified low FODMAP sourdough spelt bread

Nutrition Information (per serve)	
<b>Energy</b>	2515 Kj / 601 cal
<b>Protein</b>	46.00g
<b>Carbohydrates</b>	40.00g
<b>Sugar</b>	4.00g
<b>Total Fat</b>	27.20g
<b>Saturated Fat</b>	12.50g
<b>Fibre</b>	6.20g