

SANDWIC AYAM | CHICKEN SANDWICH

1 kotak MILO® UHT 200ml
2 keping roti bijirin penuh (wholegrain)
½ mangkuk ayam diuris kecil

HIASAN

2 helai daun salad
½ biji lobak merah – dipotong panjang (direbus)
½ biji timun – dipotong panjang
3 biji tomato ceri
¼ mangkuk mayonis
¼ mangkuk yogurt

CARA PENYEDIAAN

1. Potong roti untuk bentuk seperti rumah.
2. Sapukan mayonis ke atas roti.
3. Susun urisan ayam di atas roti.
4. Susun salad di dalam Bento Box.
5. Susun roti dengan bentuk rumah di dalam Bento Box.
6. Isikan yogurt ke dalam bekas di dalam Bento Box.
7. Susun lobak merah, timun dan tomato ceri di dalam Bento Box.



1 MILO® UHT 200ml
2 pieces of wholegrain bread
½ bowl of chicken strips

DECORATION

2 pieces of salad leaves
½ carrot – cut into long small pieces (boiled)
½ cucumber – cut into long small pieces
3 pieces of cherry tomato
¼ bowl of mayonnaise
¼ bowl of yogurt

METHODS OF PREPARATION

1. Cut the wholegrain bread into a shape of a house.
2. Spread the mayonnaise on the bread.
3. Arrange the chicken slices on the bread.
4. Arrange the salad into Bento Box.
5. Arrange the house shaped bread into Bento Box.
6. Fill in the yogurt in a container into the Bento Box.
7. Arrange the carrot, cucumber and cherry tomatoes into Bento Box.