



## CHICKEN NOODLE LAYER JARS

 **Prep: 10 minutes**

 **Cook: n/a**

 **Serves: 4**

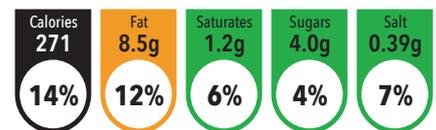
### INGREDIENTS:

- 275g pack fresh noodles
- 100g baby spinach, shredded
- 2 tomatoes, sliced
- 2 tbsp low fat mayonnaise
- 2 tbsp fat free natural yogurt
- ½ tsp **LoSalt**
- 2 tbsp white wine vinegar
- 75g sweetcorn in water, drained
- 2 roasted chicken breasts, shredded

### METHOD:

1. Divide the noodles between 4 x 500ml jars and top with the spinach then tomatoes.
2. In a large bowl, mix together the mayonnaise, yogurt, **LoSalt** and vinegar, season with black pepper and stir in the sweetcorn and chicken.
3. Spoon into the jars and seal with the lids, chill until required.

Each serving contains



of your guideline daily amount

### COOKS TIP:

Great for pack lunches and picnics. Try cooked king prawns instead of chicken.