Vietnamese Chicken Banh Mi

Sandwich

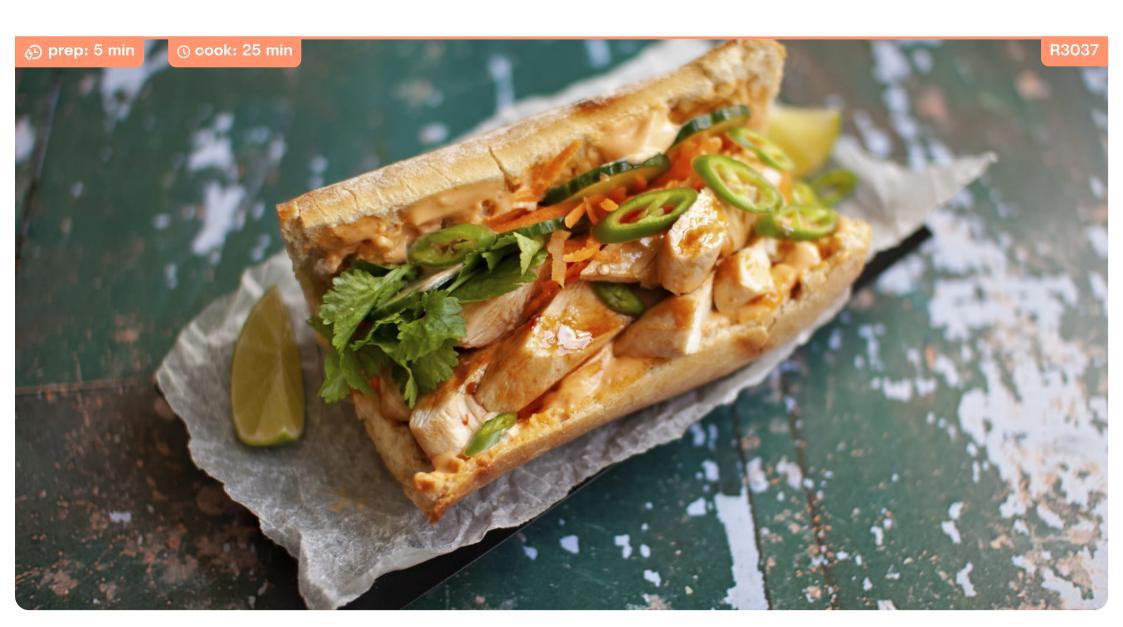
The perfect dinner sandwich! Rich, savoury, bright and crunchy.

hellóchef

Cals 886 • Prot 62 • Carbs 109 • Fat 23

Quick Prep

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

mgr careme				
Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Sweet chilli sauce	40	60	80	ML
Soy sauce 9*, 10*, 11*	20	30	40	ML
Vegetables				
Carrot	2	3	4	Piece
Lime	2	2	3	Piece
Rice vinegar	15	22	30	ML
Brown sugar	5	10	10	Grams
Salt	0.5	0.5	0.5	Tsp
Cucumber	1	2	2	Piece
Fresh coriander	15	15	30	Grams
Large green chilli	2	3	4	Piece
Sriracha mayo				
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Sriracha sauce	14	21	28	Grams
To serve				
Ciabatta 10*, 11*	2	3	4	Piece

Allergens

*9 Soya, *10 Wheat, *11 Gluten, *5 Eggs, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Per Serving*	
3723 / 886	
23	
3.7	
109	
24.3	
10.8	
61.5	
5.4	

^{*}Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep carrots

Preheat the oven to 200°C/180°C fan. Peel and coarsely grate the **carrot** into a bowl. In a small glass, combine half of the juice from the **limes** with the **rice vinegar**, **sugar** and a pinch of **salt**. Stir until the **sugar** dissolves. Pour over the grated **carrots**, mix well and set aside.

Tip! Marinate the carrots beforehand!



2 Fry chicken

Heat a pan over a medium-high heat with a drizzle of oil. Once hot, add the chicken breasts with a pinch of salt and cook for 5-7 min on either side until golden and cooked through. Remove the pan from the heat.



3 Glaze chicken

Add the **sweet chilli sauce** and **soy sauce** to the **chicken**. Reduce the heat to low and cook for a final 1 min. Remove the pan from the heat and set aside.



4 Bake ciabatta

Meanwhile, place the **ciabatta** on a baking tray and heat in the hot oven for 10 min or until crispy on the outside and warm on the inside.



5 Prep extras

Meanwhile, combine the mayonnaise, sriracha (spicy!) and a squeeze of lime juice in a small bowl. Mix well. Thinly slice the cucumbers. Trim the fresh coriander (keep the stems and leaves attached). Slice the green chilli.



6 Assemble

Slice the rested **chicken**. Slice the hot **ciabatta** open. Load with the **sriracha mayonnaise**, drained **carrots**, sliced **chicken**, **cucumber** slices, **fresh coriander** and **green chilli** (**spicy!**). Serve immediately.