

Vietnamese Chicken Banh Mi Sandwich

hellóchef

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

Cals 886 • Prot 62 • Carbs 109 • Fat 23

Quick Prep

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⚡ prep: 5 min

🕒 cook: 25 min

R3037



Before you start

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

Ingredients

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**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3723 / 886
Fat (g)	23
of which saturates (g)	3.7
Carbohydrate (g)	109
of which sugars (g)	24.3
Fiber (g)	10.8
Protein (g)	61.5
Salt (g)	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.