



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CARROTS

Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children. Beta-carotene plays a significant role in building immunity and also has anti-ageing properties.



## 2. CLUB SANDWICH

A family favourite, perfect to serve up on a busy week. Organic toasted bread assembled with sliced chicken breast, crispy bacon, fresh salad vegetables and a creamy dressing.

 25 Minutes

 4 Servings

10 February 2020

## FROM YOUR BOX

CARROTS	3
RED CAPSICUM	1
CHICKEN BREAST FILLET	300g
BACON	1 packet (100g)
TOMATOES	2
CONTINENTAL CUCUMBER	1/2 *
BEETROOT	1
MESCLUN LEAVES	1/2 bag (100g) *
CHIVES	1/3 bunch *
WHOLEMEAL SANDWICH LOAF	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, mayonnaise (1/2 cup)

## KEY UTENSILS

oven tray, frypan

## NOTES

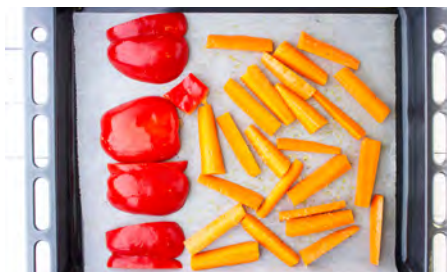
Add any favourite sauce or chutney to one of the layers.

Leftovers are perfect in a lunchbox the next day!

**No pork option - bacon is replaced with sliced turkey.**

Cook as per recipe, or use as is.

**No gluten option - bread is replaced with GF bread.**



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut carrots into sticks and capsicum into thick slices. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 15-20 minutes or until golden and tender.



### 4. PREPARE REMAINING INGREDIENTS

Slice chicken and roasted capsicum.

Cut bread into 12 slices, toast lightly in the oven or in a toaster.



### 2. COOK THE CHICKEN & BACON

Heat a frypan with **oil** over medium-high heat. Cook chicken breast fillet for 5-6 minutes on each side, or until cooked through, season with **salt and pepper**. Add bacon halfway through and cook for 2-3 minutes or until crispy.



### 5. CONSTRUCT THE SANDWICH

Spread 3 toasts (per portion) with mayonnaise.

Assemble the first layer with lettuce, tomato and chicken, add another slice of toast followed by cucumber, beetroot, capsicum and bacon. Place a slice of toast on top.



### 3. PREPARE FRESH INGREDIENTS

In the meantime, slice tomatoes and cucumber, grate beetroot. Arrange on a serving plate with leaves.

Chop chives and combine with **1/2 cup mayonnaise**.



### 6. FINISH AND PLATE

Cut sandwich into quarters (use tooth picks for the toast to stick together if you want) and serve with carrot chips.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

