



Product Spotlight: Red Cabbage

Remove the core before slicing the cabbage. If you have a food processor you can use the slicing attachment to finely shred the leaves.



Chicken Bahn Mi

with Sweet Chilli Mayo

Crusty bread rolls filled with pickled cabbage, fragrant mint, cucumber and savoury chicken meatballs and dressed with a sweet chilli mayonnaise.



20 minutes



2 servings



Chicken

3 February 2023

Switch it up!

You can leave out the sweet chilli sauce if preferred, and add extra mayonnaise and crushed garlic to the sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	50g	43g

FROM YOUR BOX

RED CABBAGE	1/4
CHICKEN MINCE	300g
LEBANESE CUCUMBER	1
CARROT	1
MINT	1 packet
AIOLI	100g
HOT DOG ROLLS	2-pack

FROM YOUR PANTRY

oil for cooking, salt and pepper, vinegar (of choice), sweet chilli sauce, sugar (of choice)

KEY UTENSILS

large frypan

NOTES

Save any extra cabbage for a stir fry or coleslaw!

The chicken mixture can be a little sticky. We recommend using oiled hands and a 1 tbsp measure to help spoon them into the pan. They won't be the perfect round shape – but they will be delicious!

No gluten option – hotdog rolls are replaced with GF rolls.



1. PICKLE THE CABBAGE

Set oven to 200°C (optional for toasting the rolls).

Thinly slice cabbage to yield 2 cupfuls (see notes). Toss with **1/2 tbsp vinegar**, **1/2 tbsp sugar** and **1/4 tsp salt**. Set aside.



2. PREPARE THE CHICKEN

Combine chicken with **1/2 tbsp sweet chilli sauce**. Season with **salt and pepper**.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Spoon 1 tbsp size meatballs into pan (see notes). Cook for 8-10 minutes turning until cooked through.



4. PREPARE THE FILLINGS

Slice cucumber, julienne or grate carrot. Pick mint leaves. Combine aioli with **1-2 tbsp sweet chilli sauce**. Set aside.



5. TOAST THE ROLLS (OPTIONAL)

Cut rolls in half lengthways to open. Toast in oven for 2-3 minutes until golden.



6. FINISH AND SERVE

Fill rolls with sweet chilli aioli, pickled cabbage, salad and chicken meatballs.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

