



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: LEMONGRASS

Lemongrass has a distinct, fresh flavour, and is popular in Thai & Vietnamese cuisine. In this dish, remove the woody pieces first before chopping or mincing and adding to the chicken marinade.



## 2. BAHN MI CHICKEN ROLLS

Fresh rolls, tender marinated chicken, home-style pickled carrot and lots of flavour; this meal has it all - and is ready before you know it!

 25 Minutes

 2 Servings

13 April 2020

## FROM YOUR BOX

SPRING ONIONS	2
LEMONGRASS	1
SLICED CHICKEN BREAST FILLET	300g
CARROT	1
CORIANDER	1/2 packet *
NATURAL YOGHURT	1/3 tub *
CONTINENTAL CUCUMBER	1/2 *
RED CHILLI	1
SHREDDED RED CABBAGE	1 bag (200g)
LONG BREAD ROLLS	2-pack

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, soy sauce, sweet chilli sauce, white or rice wine vinegar, sugar (of choice)

## KEY UTENSILS

frypan

## NOTES

Leave the carrot fresh if preferred (skip step 2)

Use less yoghurt if preferred. Add 2 tbsp mayonnaise to the sauce for a 'softer' version. You can also reserve all coriander for garnish.

Toast the rolls for a crunchy finish.

**No gluten option - bread rolls are replaced with GF rolls.**



### 1. MARINATE THE CHICKEN

Thinly slice spring onions and finely chop lemongrass (see Product Spotlight overleaf). Toss with chicken, **1 tbsp soy sauce** and **1/2 tbsp sweet chilli sauce**. Set aside to marinate.



### 2. PICKLE THE CARROT

Julienne carrot. Place into a non-metallic bowl and toss with **1 tbsp vinegar**, **1/2 tbsp sugar**, **salt and pepper**. Leave to pickle (see notes).



### 3. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Add chicken to pan, reserving the marinade. Cook for 4-5 minutes on each side or until cooked through. Add marinade to the pan with **1/4 cup water**, simmer for 2 minutes, then remove from heat.



### 4. MAKE THE SAUCE

Chop coriander and mix half (reserve remaining for garnish) with **3 tbsp sweet chilli sauce** and **1/3 tub** yoghurt (see notes).



### 5. PREPARE THE SALAD

Thinly slice cucumber and chilli. Arrange on a plate with red cabbage, remaining coriander and pickled carrot.

Slice bread rolls lengthways through the middle, making sure to not cut all the way through (see notes).



### 6. FINISH AND PLATE

Fill rolls with chicken, fresh ingredients and pickled carrot. Drizzle with sauce, and marinade if desired, and enjoy.

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.

