



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lemongrass

Lemongrass has a distinct, fresh flavour, and is popular in Thai & Vietnamese cuisines. 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 it's ready before you know it!

 25 minutes

 2 servings

 Chicken

30 April 2021

Make it a salad

If preferred, serve this dinner salad-style. Mix the veggies and sliced chicken with a simple dressing made from sweet chilli sauce, soy sauce and sesame oil. Serve rolls on the side or use to make croutons. Mix salad with cooked noodles or rice to bulk it up.

FROM YOUR BOX

SPRING ONIONS	2
LEMONGRASS	1
CHICKEN TENDERLOINS	300g
CARROT	1
MINT	1 bunch
SOUR CREAM	1/2 tub *
LEBANESE CUCUMBER	1
RED CHILLI	1
KALESRAW	1/2 bag (125g) *
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).

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, **2 tsp soy sauce and 1 tsp sweet chilli sauce**. Set aside to marinate.



2. PICKLE THE CARROTS

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 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 mint to yield 2-3 tbsp (or to taste) with **3 tbsp sweet chilli sauce** and **1/2 tub** sour cream.



5. PREPARE THE SALAD

Thinly slice cucumber and chilli. Arrange on a plate with kaleslaw and remaining mint (to taste).

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 salad ingredients and pickled carrot. Drizzle with sauce and marinade and enjoy.

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**

