



Product Spotlight: Banh Mi

Banh mi is a product of history: the crusty baguette-style roll arrived in Vietnam during the French colonial era and got a fresh local makeover.



Loaded Chicken Banh Mi

Sticky lemongrass and lime chicken piled into crusty rolls with quick-pickled carrot, crunchy cabbage, sweet chilli aioli and crispy shallots. Build your own and pile it high.



30 minutes



2 servings



Chicken

Switch it up!

Turn this into a noodle bowl. Skip the rolls and serve the sticky chicken over cooked rice noodles with the pickled carrot, cabbage, cucumber and coriander piled on top. Drizzle with the aioli and finish with crispy shallots.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	34g	52g

FROM YOUR BOX

LEMONGRASS	1
LIME	1
CHICKEN SCHNITZELS	300g
CARROT	1
AIOLI	1 sachet
RED CABBAGE	1/4
LEBANESE CUCUMBER	1
CORIANDER	1 packet
CRISPY SHALLOTS	20g
SOURDOUGH ROLLS	2-pack

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, oven tray

NOTES

Serve everything on a platter and let everyone build their own banh mi at the table.

No gluten option - sourdough rolls are replaced with GF sandwich rolls.



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1. MARINATE THE CHICKEN

Set oven to 200°C (for step 5).

Remove the tough outer layer from **lemongrass** and finely chop the soft centre. Combine with **1 tbsp fish sauce**, **1/2 tbsp sugar**, **1/2 lime zest** and **1/4 tsp chilli flakes** (optional). Coat the **chicken schnitzels** and set aside.



4. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Cook **chicken** for 3–4 minutes on each side until caramelised and cooked through.



2. PICKLE AND MIX

Julienne or coarsely grate **carrot**. Toss with **3 tbsp vinegar**, **1 tsp sugar** and a pinch of **salt**. Set aside to pickle.

Mix **aioli** with **1/4 cup sweet chilli sauce** (or your favourite hot sauce).



5. TOAST THE ROLLS

Slice open the **sourdough rolls** lengthways without cutting all the way through. Toast in the oven for 3–5 minutes until warm and crisp.



3. PREPARE THE VEGETABLES

Shred **red cabbage** and thinly slice **cucumber**. Pick **coriander**. Cut **lime** into wedges and set aside **crispy shallots** for serving.



6. FINISH AND SERVE

Rest the **chicken** briefly, then slice into thick strips.

To serve, spread **rolls** with **aioli**. Fill with **red cabbage**, **drained pickled carrot**, **cucumber**, **chicken** and **coriander**. Finish with **crispy shallots** and a **lime wedge**.

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