

# MARLEY SPOON



## Chicken Banh Mi

with Pickled Carrots and Cucumber



20-30min



2 Portions

You don't have to buy out to enjoy the Vietnamese classic banh mi. Our version is easy: simply pan-fry chicken, lightly pickle carrots, then add cucumber ribbons, fragrant coriander and a little chilli, if you feel like it. Then load it into warm bread rolls and you're ready to go!



## What we send

- free-range chicken tenderloins
- white bread rolls <sup>1,6</sup>
- carrot, cucumber
- aioli mayonnaise <sup>3</sup>
- garlic, birds-eye chilli, coriander, spring onion, lemongrass
- fish sauce <sup>4</sup>

## What you'll require

- salt
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- white wine vinegar <sup>17</sup>

## Utensils

- mandoline (optional)
- medium frypan
- oven tray
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 875kcal, Fat 32.2g, Carbs 94.8g, Proteins 46.6g



### 1. Marinate chicken

Preheat the oven to 180C. Trim the end of the **lemongrass**, then remove the tough outer layers and finely grate half (reserve remainder for another use). Crush or finely chop the **garlic**. Put the lemongrass, garlic, **fish sauce** and **2 tsp sugar** in a shallow dish and stir until the sugar dissolves. Add the **chicken** and turn to coat. Set aside to marinate.



### 4. Cook chicken

Heat the **oil** in a medium frypan over medium heat. Cook the **chicken** for 3 mins each side or until cooked through. Remove from the heat and set aside to rest for 5 mins.



### 2. Pickle carrot

Peel and shred the **carrot** using a julienne peeler or box grater into a medium bowl. Bring **vinegar, salt** and **remaining 1½ tbs sugar** to a simmer in a small saucepan over medium heat, stirring until the sugar dissolves. Pour over the carrots and toss to combine. Set aside to lightly pickle.



### 5. Warm bread

Meanwhile, put the **bread rolls** on an oven tray and cook in the oven for 6-8 mins until warm and crisp. Cut lengthwise through the top of the rolls, taking care not to cut all the way through. Drain the **carrot** in a sieve set over a bowl to collect the pickling liquid. Combine **2 tbs pickling liquid** and the **soy sauce** for the dressing.



### 3. Prepare vegetables

Using a mandoline or vegetable peeler, cut the **cucumber** lengthwise into ribbons. Thinly slice the **chilli**, removing the seeds if less heat is desired. Pick the **coriander sprigs**. Trim the **spring onion**, then halve lengthwise and thinly slice.



### 6. Assemble bread rolls

Spread the rolls with the **mayonnaise** and top with **half the cucumber**, the **chicken**, **pickled carrot**, **spring onion** and **coriander**. Drizzle with a little **dressing** and scatter with **chilli**. Toss the **remaining cucumber** with the **remaining dressing** and serve with the banh mi.