

DINNERLY



Open Chicken Sandwiches with Pickled Red Cabbage



20-30 minutes



2 Servings

Kick the boring dinner routine with these super-tasty sangas. Top warm naan bread with tender chicken and a crisp veggie slaw, roll up the sleeves and dive in.

WHAT WE SEND

- 5g Jamaican jerk seasoning^{1,6,17}
- 150g red cabbage
- 1 carrot
- 1 tomato
- 1 large free-range chicken breast fillet
- 2 naan breads^{1,3,6,7}

WHAT YOU NEED

- Australian honey
- olive oil
- olive oil spray
- salt and pepper
- sugar
- white wine vinegar¹⁷

TOOLS

- foil
- oven tray
- sieve
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

Jerk is a Caribbean spice blend featuring chilli. If you prefer less or more heat, add the jerk seasoning to taste.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 755kcal, Fat 31.3g, Carbs 68.1g, Proteins 46.7g



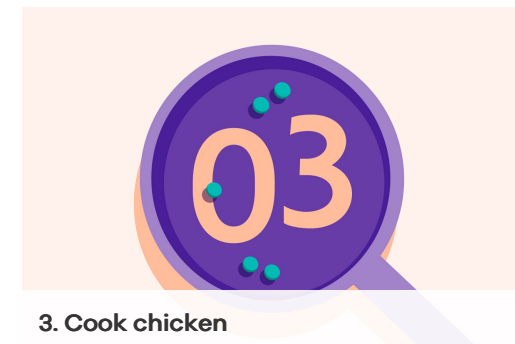
1. Pickle cabbage

Thinly slice the **tomato**. Very thinly shred the **cabbage**. Peel the **carrot**, then shred with a julienne peeler or coarsely grate with a box grater. Put the cabbage, carrot, **2 tsp white wine vinegar**, **2 tsp sugar** and $\frac{1}{2}$ **tsp salt** in a bowl, stir well to combine, then set aside for 10 mins to pickle. Drain well in a sieve.



2. Marinate chicken

Meanwhile, put the **chicken**, **2 tsp jerk seasoning** (see cooking tip), **2 tsp olive oil** and **1 tsp honey** in a bowl and turn to coat well.



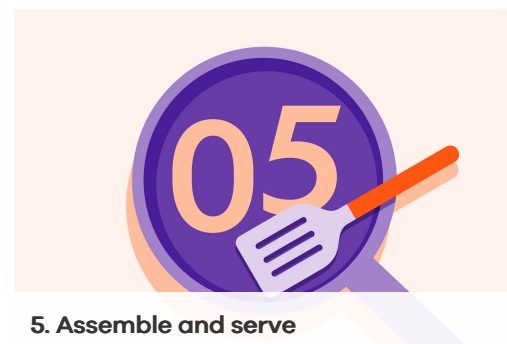
3. Cook chicken

Preheat the grill to high. Heat a small frypan over medium-high heat. Cook the **chicken** for 3-4 mins, turn, cover with a lid and cook for a further 3-4 mins until golden and cooked through. Remove from the pan to rest for 3 mins.



4. Warm naan

Meanwhile, line an oven tray with foil. Put the **naan** on the tray, spray or brush with **olive oil**, then grill for 1-2 mins each side until toasted. Put **2 tsp olive oil**, **1 tsp white wine vinegar** and **1 tsp honey** in a small bowl, season well with **salt and pepper** and whisk to combine.



5. Assemble and serve

Thinly slice the **chicken**. Spread the **naan** with **1 tbs mayonnaise**, then top with the **cabbage mixture**, **tomato** and **chicken**. Drizzle over the **dressing** and any pan juices to serve.



6. Kitchen know how

The secret to moist, tender chicken is to avoid overcooking. Not so secret right? What most people don't realise is that the chicken will continue 'cooking' even when out of the pan from the residual heat. Cook as instructed and allow the chicken to rest to reabsorb the juices back into the breast fillet.