

DINNERLY



Italian Chicken Subs with Marinated Tomato Salad



20-30 minutes



2 Servings

There'll be big smiles all round with these warm crusty rolls loaded with herby chicken, marinated tomato and currants. A dollop of creamy mayo and they're good to go.

 **FAST**

WHAT WE SEND

- free-range chicken thigh fillets
- 2 sandwich rolls^{1,6}
- 1 tomato
- 5g dried Italian herbs¹⁷
- 1 red onion
- 20g dried currants

WHAT YOU NEED

- mayonnaise³
- olive oil
- sugar

TOOLS

- baking paper
- foil
- oven tray
- small saucepan

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

ALLERGENS

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

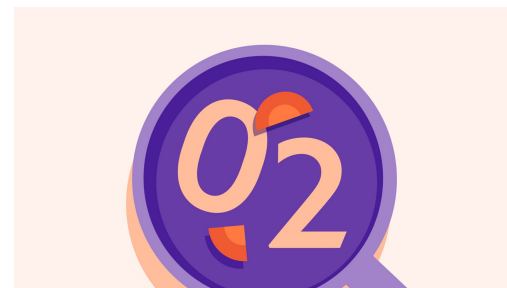
NUTRITION PER SERVING

Energy 765kcal, Fat 29.2g, Carbs 81.3g,
Proteins 41.3g



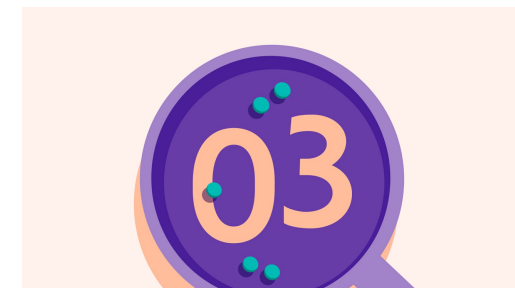
1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Crush or finely chop 1 **garlic clove**. Very thinly slice the **onion** into rings. Halve the **tomato**, then thinly slice.



2. Cook chicken

Put the **chicken**, **half the Italian herbs** (any remaining herbs won't be used in this dish) and **2 tsp olive oil** in a bowl, season with **salt and pepper** and stir to combine. Heat a medium frypan over high heat. Cook the chicken for 3 mins each side or until golden. Transfer to the lined tray.



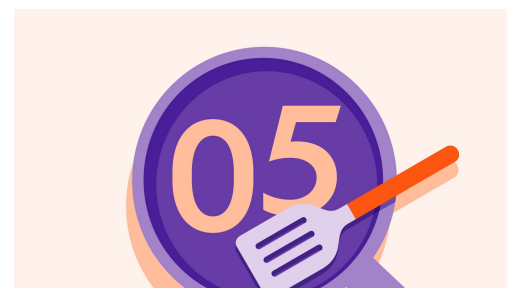
3. Marinate tomato

Meanwhile, put **1½ tbs red wine vinegar**, **1 tsp sugar** and **½ tsp salt** in a small saucepan over medium heat and stir for 1 min or until dissolved. Remove the pan from the heat, add the **garlic**, **onion**, **tomato** and **currants** and stand for at least 5 mins to marinate.



4. Warm rolls

Cut the **bread** lengthwise down the middle, taking care not to cut all the way through. Put on an oven tray and bake the bread on an upper shelf and the **chicken** on a lower shelf for 6-8 mins until the bread is warm and crusty, and the chicken is cooked through.







5. Serve up

Slice the **chicken**. Spread the warm **rolls** with **1 tbs mayonnaise**, then fill with the **tomato salad** and chicken. Drizzle with a little **tomato salad dressing** and top with **1 tbs mayonnaise**. Divide among plates, serve with any remaining tomato salad and enjoy!



6. Make it yours

Embrace the full Italian experience by adding olives, mozzarella and rocket to your subs.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
View the recipe online by visiting your account at dinnerly.com.au     **#dinnerly**

 Packed in Australia
from at least **95%**
Australian ingredients