

# DINNERLY



⚡ FAST

## Italian Chicken Subs with Marinated Tomato Salad



20-30 minutes



4 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.

## WHAT WE SEND

- 20g dried currants
- 1 red onion
- 5g dried Italian herbs<sup>17</sup>
- 2 tomatoes
- 4 sandwich rolls<sup>1,6</sup>
- free-range chicken thigh fillets

## WHAT YOU NEED

- mayonnaise<sup>3</sup>
- olive oil
- sugar

## TOOLS

- baking paper
- large frypan
- medium saucepan
- oven tray

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 750kcal, Fat 29.7g, Carbs 77.2g,  
Proteins 40.9g



### 1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Crush or finely chop **2 garlic cloves**. Very thinly slice the **onion** into rings. Halve the **tomatoes**, then thinly slice.



### 2. Cook chicken

Put the **chicken, Italian herbs** and **1 tbs olive oil** in a bowl, season with **salt and pepper** and stir to combine. Heat a large 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 **60ml (¼ cup) red wine vinegar**, **2 tsp sugar** and **1 tsp salt** in a medium 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 **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 **2 tbs mayonnaise**, then fill with the **tomato salad** and chicken. Drizzle with a little **tomato salad dressing** and top with **2 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](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

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