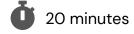




## Chicken Bahn Mi

### with Sweet Chilli Mayo

Crusty bread rolls filled with pickled cabbage, fragrant mint, cucumber and savoury chicken meatballs and dressed with a sweet chilli mayonnaise.





4 servings



Chicken

# Switch it up!

You can leave out the sweet chilli sauce if preferred, and add extra mayonnaise and crushed garlic to the sauce.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

RED CABBAGE	1/4
CHICKEN MINCE	600g
LEBANESE CUCUMBER	1
CARROT	1
MINT	1 packet
AIOLI	100g
HOT DOG ROLLS	4-pack

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, vinegar (of choice), sweet chilli sauce, sugar (of choice)

#### **KEY UTENSILS**

large frypan

#### **NOTES**

Save any extra cabbage for a stir fry or coleslaw!

The chicken mixture can be a little sticky. We recommend using oiled hands and a 1 tbsp measure to help spoon them into the pan. They won't be the perfect round shape – but they will be delicious!

No gluten option - hotdog rolls are replaced with GF rolls.



#### 1. PICKLE THE CABBAGE

Set oven to 200°C (optional for toasting the rolls).

Thinly slice cabbage to yield <u>3-4 cupfuls</u> (see notes). Toss with **1 tbsp vinegar**, **1 tbsp sugar** and **1/2 tsp salt**. Set aside.



#### 2. PREPARE THE CHICKEN

Combine chicken with 1 tbsp sweet chilli sauce. Season with salt and pepper.



#### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat with oil. Spoon 1 tbsp size meatballs into pan (see notes). Cook for 8-10 minutes turning until cooked through.



#### 4. PREPARE THE FILLINGS

Slice cucumber, julienne or grate carrot. Pick mint leaves. Combine aioli with 1-2 tbsp sweet chilli sauce. Set aside.



#### **5. TOAST THE ROLLS (OPTIONAL)**

Cut rolls in half lengthways to open. Toast in oven for 2-3 minutes until golden.



#### 6. FINISH AND SERVE

Fill rolls with sweet chilli aioli, pickled cabbage, salad and chicken meatballs.



