

Banh Mi



Serves 2

Ingredients:

1/3 Lebanese Cucumber
1/3 Carrot – cut julienne
2t Sesame Oil
1T Soy Sauce
1 Clove Garlic, finely chopped
1T Sweet Chilli Sauce
½ Chicken Breast, cut into strips
1t Rice Bran Oil
2 Vietnamese Rolls
1T Mayonnaise
2 Cos Lettuce Leaves, shredded
1T Coriander sprigs



Method:

1. Use a vegetable peeler to peel the cucumber into long strips. Julienne the carrot. Shred the lettuce.
2. Cut Chicken Breast into strips
3. Combine sesame oil, soy sauce, garlic and sweet chilli sauce. Coat the chicken in the sauces and leave to marinade for 10-15 minutes.
4. Heat oil in frying pan, drain the chicken and cook.
5. Split the Vietnamese Rolls and spread with mayonnaise. Fill with lettuce, chicken, carrot, cucumber and coriander.
6. Serve