



SF chicken curry sandwich

with smashed cucumber salad



ca. 20min



2 Portionen

Was du von uns bekommst

- 1 Gurke
- 1 Lauchzwiebel
- 35g Erdnüsse, geröstet & gesalzen⁴
- 1 Paprika
- 2 Bara-Snackbrote^{2,3}
- 1 Pck. gewürfelte Hähnchenbrust
- 1 Pck. Madras-Currypulver³

Was du zu Hause benötigst

- 2EL Mayonnaise¹
- ½EL Senf³
- 1EL Honig
- ⅜TL Salz
- ⅜g Zucker
- 15ml Pflanzenöl
- 12½ml Essig

Küchenutensilien

- mittelgroße Pfanne

Vergiss nicht, das Gemüse vor der Zubereitung gründlich zu waschen, insbesondere grünes Blattgemüse und Salate.

Allergene

Enthält: **Eier** (1), **Gluten** (2), **Senf** (3), **Erdnüsse** (4).

Kann Spuren enthalten von: Sesamsamen, Schalenfrüchte

Nährwertangaben pro Portion

Energie 789kcal, Fett 39.1g, Kohlenhydrate 64.3g, Eiweiß 43.5g



1. Cut the salad ingredients

Place the cucumber on a cutting board and lightly bash it with the flat side of a large knife or a rolling pin until it splits open and softens. Cut the smashed cucumber into bite-sized chunks. Thinly slice the spring onion. Roughly chop the peanuts.



4. Prepare the bread

Halve the bread horizontally. Preheat a medium-sized pan on medium-high heat. Working in batches, toast the bread halves in the dry pan on each side for ca. 45sec. Keep the pan on the heat and set the bread aside. Tip: You can also heat the bread in an airfryer for 30-45sec. at 200°C, or in a microwave for 30-34sec. at 700W).



2. Marinate the salad

Toss the cucumbers, spring onions and peanuts with ½Tbsp vegetable oil, ½Tbsp vinegar and a pinch of sugar and salt. Set aside to marinate.



5. Fry the curry

Heat ½Tbsp of vegetable oil in the same pan over medium-high heat. Pat the meat dry. Season with salt and pepper. Cook it for ca. 3min. until starting to brown. Add the paprika and sauté for ca. 4min. Once the meat is cooked through, stir in 2Tbsp water, 1Tbsp honey, ½Tbsp mustard, 1tsp vinegar, ¼ of the madras powder. Cook for ca. 30sec., then turn off the heat. Season to taste with salt.



3. Cut the paprika

Quarter and deseed the paprika, then cut into large cubes.



6. Assemble the sandwiches

Assemble the sandwiches by spreading a total of 2Tbsp mayonnaise on the insides. Then fill the sandwiches with the chicken curry. Season the salad to taste and serve alongside the sandwiches.