



SF chicken curry sandwich

with smashed cucumber salad



ca. 20min



4 Portionen

- 2 Gurken
- 2 Lauchzwiebeln
- 70g Erdnüsse, geröstet & gesalzen ⁴
- 2 Paprika
- 4 Bara-Snackbrote ^{2,3}
- 2 Pck. gewürfelte Hähnchenbrust
- 1 Pck. Madras-Currypulver ³

- 4EL Mayonnaise ¹
- 1EL Senf ³
- 2EL Honig
- ¾TL Salz
- 1¼g Zucker
- 30ml Pflanzenöl
- 22½ml Essig

- große Pfanne

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

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

Kann Spuren enthalten von: Sesamsamen, Schalenfrüchte

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



1. Cut the salad ingredients

Place the cucumbers on a cutting board and lightly bash them with the flat side of a large knife or a rolling pin until they split open and soften. Cut the smashed cucumbers into bite-sized chunks. Thinly slice the spring onions. Roughly chop the peanuts.



4. Prepare the bread

Halve the bread horizontally. Preheat a large 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 1Tbsp vegetable oil, 1Tbsp vinegar and a large pinch of sugar and salt. Set aside to marinate.



5. Fry the curry

Heat 1Tbsp 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 4Tbsp water, 2Tbsp honey, 1Tbsp mustard, 2tsp vinegar, ½ 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 4Tbsp mayonnaise on the insides. Then fill the sandwiches with the chicken curry. Season the salad to taste and serve alongside the sandwiches.