

Modern Asian – BÁNH MÌ

Ingredients:

2 Vietnamese rolls

1 T butter or margarine

1 T canola oil

¼ cucumber

½ carrot

2 leaves Chinese cabbage

6 mint leaves

2 springs coriander

½ spring onion

¼ fresh chilli (only if you like spicy food)

1 Chicken portion

Marinade: for chicken

2 T soy sauce

¼ stick lemon grass finely chopped

½ garlic clove finely minced

1 shallot (small onion) finely minced

½ red chilli (only if you like spicy food)

3 t palm sugar

1 t fish sauce

2 t lime juice

Dressing for roll:

½ t fish sauce

2 t lime juice

2 t rice wine vinegar

1 T sweet chilli sauce

Spread for roll:

2 T mayonnaise

1 t lemon juice

Method:

1. Collect all ingredients and all equipment needed
2. In a medium bowl combine all marinade ingredients, slice chicken into long thick strips and place in marinade, cover and store in fridge for 10mins.
3. Meanwhile, to make the dressing, combine all ingredients a in a small bowl, in another small bowl mix lemon juice into the mayonnaise to make the spread for your roll.
4. Prepare all vegetables for roll in very thin strips, resembling matchsticks.
5. Cut open roll with a serrated knife lengthways along the top (don’t cut all the way through) and spread with butter and mayonnaise mix.
6. In a fry pan heat oil on medium heat, add strips of tofu/chicken to pan, drizzle some marinade into pan, be careful of oil spattering. Turn chicken as it browns, ensure completely cooked and remove to a clean plate.
7. To assemble roll place cabbage, carrot and cucumber in first, dress with some dressing, add chicken, add more dressing (and chilli if wanted) and then top with mint, spring onion and coriander.