

Chicken Bánh Mì

with Pickled Vegetables & Sesame-Cabbage Salad

“Bánh mì” is the Vietnamese phrase for “wheat bread.” It refers to the French, baguette-style rolls brought to the region in the late 1800s. Local cooks adapted these rolls to their own purposes. Stuffed with spiced meats and traditional Southeast Asian herbs, the crusty bánh mì sandwiches we know and love today are the absolute best of both worlds.



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 2 Carrots
- 1 Bunch Cilantro
- 1 Persian Cucumber
- ¼ Head Red Cabbage
- 2 Bánh Mì Rolls

Knick Knacks

- 4 Tablespoons Rice Vinegar
- 3 Tablespoons Mayonnaise
- 2 Tablespoons Hoisin Sauce
- 2 Teaspoons Sesame Oil
- 1 Tablespoon Bánh Mì Spice Blend
(Saigon Powder, Galangal, Lemongrass Powder, Smoked Paprika & Cayenne)

Makes 2 Servings

About 700 Calories Per Serving

Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Preheat the oven to 400°F. Peel and cut the carrot into thin matchsticks. Cut off and discard the very ends of the cilantro stems. Thinly slice the cucumber on an angle. Remove and discard the core of the cabbage; thinly slice the cabbage leaves. In a small bowl, combine the **hoisin sauce** and **mayonnaise**; season with salt and pepper to taste. Completely coat the **chicken** in the **bánh mì spice blend**; set aside to marinate.

2



Pickle the carrots & cucumber:

In a small pot, combine **half the rice vinegar**, $\frac{1}{2}$ **cup of water** and a **big pinch of salt**. Heat to boiling on high. In a large, heat-proof bowl, combine $\frac{1}{2}$ **teaspoon of the sesame oil**, the **carrots** and **cucumber**. Once the pickling mixture is boiling, remove from heat and pour over the carrots and cucumber. Cover and set aside.

3



Make the cabbage salad:

In a large bowl, combine the **sliced cabbage**, **remaining sesame oil**, **half the hoisin-mayonnaise sauce** and the **remaining rice vinegar**. Toss gently to mix; season with salt and pepper to taste.

4



Cook the chicken:

Season both sides of the **spice-coated chicken** with salt and pepper. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the seasoned chicken and cook, loosely covering the pan with aluminum foil, 5-7 minutes per side, or until cooked through (the juices should run clear). Set the cooked chicken aside to rest for at least 5 minutes.

5



Toast the bread:

While the chicken rests, slice the **bánh mì rolls** in half lengthwise. Place the sliced rolls on a small sheet pan (or directly on the oven racks). Toast 3 to 5 minutes, or until crispy on the outside and warmed through.

6



Assemble the sandwiches & plate your dish:

When cool enough to handle, slice the **cooked chicken** on an angle and season with salt and pepper to taste. Divide the sliced chicken between the rolls. Spoon some of the **remaining hoisin-mayonnaise sauce** over the chicken. Drain the **pickled carrots and cucumbers**. Divide the pickles between the sandwiches. Top each sandwich with the **cilantro**. Divide the sandwiches between 2 plates; serve with the **cabbage salad** on the side. Enjoy!