

Less than 45 minutes

Makes 2-3 sandwiches

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Ingredients

Pickled salad:

- 1 cucumber, sliced
 - 1 red onion, sliced
 - $\frac{3}{4}$ cup (180ml) apple cider vinegar
 - $\frac{3}{4}$ cup (180ml) hot water
 - $\frac{1}{2}$ cup (125ml) sugar
 - Pinch of chilli flakes
 - Pinch of yellow mustard seeds (optional)
 - 1 star anise (optional)
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- Salt and milled pepper
 - 3 chicken breast fillets, butterflied and thinned to schnitzel size
 - Glug olive oil
 - $\frac{1}{4}$ cup (60ml) soy sauce
 - Squeeze of lemon or lime juice
 - 2-3 Tbsp (30-45ml) sesame seeds
 - 2 cups (170g) thinly shredded red and green cabbage
 - 2-3 carrots, thinly sliced into matchsticks
 - $\frac{1}{2}$ loaf (6 slices) seeded bread loaf
 - 1 packet (100g) PnP crimson leaf mix
 - 1-2 avocados, thickly sliced
 - Radishes and microherbs, for garnish (optional)

Method

1. Combine pickled salad ingredients and set aside for 30 minutes. (Drain after 30 minutes

if you prefer a very crisp pickle, like we do.)

2. Season chicken well and heat oil in a pan over high heat.
3. Fry chicken until golden brown, about 3 minutes a side.
4. Add soy sauce, lemon or lime juice and sesame seeds.
5. Turn heat down slightly and cook for a further 4-8 minutes.
6. Combine cabbage and carrots.
7. Season and drizzle with olive oil.
8. Layer 3 bread slices with pickled slaw, chicken, leafy salad, rainbow slaw, avocado, radishes and microherbs.
9. Sandwich closed with remaining bread slices.
10. Serve immediately or wrap in baking paper and place in an airtight container for up to 1 day.

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