



20-Min: Meatless Farm Chik'n Sandwich

with Apple-Cucumber Slaw & Poppy Dressing



ca. 20min



2 Servings

Quick, crispy, tender—and vegetarian! Plant-based chik'n cutlets are the star of these irresistible sandwiches. All they need is a quick pan-fry to get that crisp, golden brown exterior. We toss a refreshing apple-cucumber slaw with Dijon-poppy dressing for a cool and crunchy topping that we nestle between soft, toasted buns. There's no excuse for boring sandwiches anymore, even if you're going meat-free!

What we send

- 1 cucumber
- 1 apple
- 1 shallot
- 1 pkt Dijon mustard ¹⁷
- ½ oz honey
- ¼ oz poppy seeds
- 2 (2 oz) mayonnaise ^{3,6}
- 7 oz pkg plant-based chik'n cutlet ¹
- 2 potato buns ¹
- 3 oz baby spinach

What you need

- apple cider vinegar (or white wine vinegar)
- neutral oil
- kosher salt & ground pepper

Tools

- medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1190kcal, Fat 88g, Carbs 78g, Protein 27g



1. Prep ingredients

Use a vegetable peeler to shave **cucumber** lengthwise into wide ribbons, turning 90 degrees once you reach seeds (peel first, if desired); discard seeds. (Alternatively, halve cucumber lengthwise, remove seeds, then thinly slice crosswise on an angle.) Quarter **apple**, discard core, then thinly slice. Halve and thinly slice **shallot**.



4. Toast buns

Switch oven to broil with a rack in the top position. Spread a **thin layer of mayonnaise** on **cut sides of each bun**. Broil buns directly on top oven rack, cut side up, until lightly browned and toasted, 1-2 minutes (watch closely as broilers vary).



2. Mix dressing

In a large bowl, whisk together **Dijon mustard, honey, poppy seeds, half of the mayonnaise, and 1 tablespoon vinegar**. Gradually whisk in **2 tablespoons oil**. Season to taste with **salt and pepper**. Set aside until step 5.



5. Assemble

Add **cucumbers, apples, and shallots** to large bowl with **dressing**; season to taste with **salt and pepper** and mix well. Spread **remaining mayo** on **buns**. Layer with **chik'n cutlets** and **desired amount of slaw**. Add **spinach** to **remaining slaw** and mix well. Serve **sandwiches** with **salad** alongside.



3. Fry cutlets

Heat **⅜-inch of oil** in a medium skillet over medium-high until shimmering. Add **chik'n cutlets** and fry until golden brown, crispy, and warmed through, 2-4 minutes per side (reduce heat if browning too quickly). Transfer chik'n cutlets to a paper towel lined plate and season lightly with **salt and pepper**.



6. Serve

Enjoy!