

# DINNERLY



## Low-Carb Bánh Mì Salad with Readymade Chicken

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Of all the ways to eat your veggies, a bánh mì is one of our faves. We're transforming the Vietnamese sandwich into a salad with the help of lots of veggies and hoisin-glazed ready to heat chicken to satisfy all the cravings. We've got you covered!

## WHAT WE SEND

- 2 radishes
- 2 carrots
- ½ lb pkg ready to heat chicken
- 2 oz hoisin sauce <sup>1,6,11</sup>
- 2 oz mayonnaise <sup>3,6</sup>
- 1 pkt Sriracha <sup>17</sup>
- 1 bunch green leaf lettuce

## WHAT YOU NEED

- apple cider vinegar (or vinegar of your choice)
- kosher salt & ground pepper
- sugar
- neutral oil

## TOOLS

- rimmed baking sheet

## ALLERGENS

Wheat (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 660kcal, Fat 43g, Carbs 37g, Protein 30g

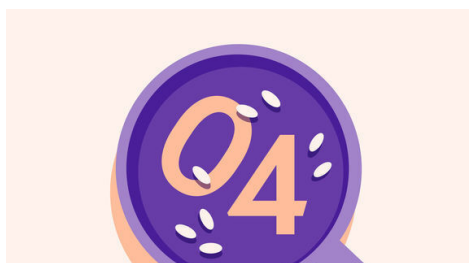


### 1. Pickle carrots & radishes

Preheat broiler with a rack in the upper third.

Thinly slice **radishes**. Using a vegetable peeler, shave **carrots** into ribbons; cut ribbons in half crosswise.

In a medium bowl, combine **2 tablespoons each of vinegar and water**, **½ teaspoon salt**, and **1 teaspoon sugar**; whisk until sugar is dissolved. Add radish and carrots; toss well to combine. Set aside until ready to serve.



### 4. Serve

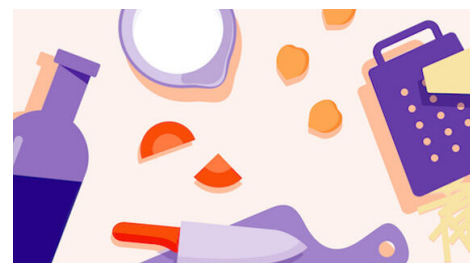
Serve **lettuce** topped with **pickled carrots and radishes** and **glazed chicken**. Drizzle **hoisin** and **spicy mayo** over top. Enjoy!



### 2. CHICKEN VARIATION

Use your fingers or two forks to break up **chicken** into bite-sized pieces. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

Broil on upper oven rack until golden-brown and crisp, 7–12 minutes (watch closely as broilers vary). Brush chicken with **2 tablespoons hoisin**. Return to oven and broil until glazed, 1–2 minutes more.



### 5. ...

What were you expecting, more steps?

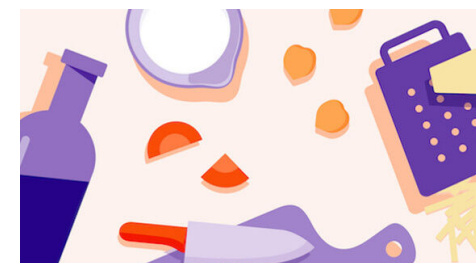


### 3. Prep sauces & lettuce

Thin **remaining hoisin** with **1 teaspoon water**.

In a small bowl, stir together **mayonnaise** and **Sriracha** (use less depending on heat preference).

Trim and discard end from **lettuce**, then chop or tear into bite-sized pieces. Toss in a medium bowl with **1 teaspoon of the pickling liquid**, **1 tablespoon oil**, and a **pinch each of salt and pepper**.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!