

ASIAN LEMONGRASS CHICKEN SANDWICH

Serves 4

INGREDIENTS

4 slices	Gardenia Low G.I Soft Grain Bread
4 pieces	Chicken thigh or leg, deboned, fat and skin removed
8 slices	Tomato
2 pieces	Lettuce, cut into thin strips
8 slices	Cucumber
1 piece	Purple cabbage, cut into thin strips
2 tsp	Low-fat mayonnaise
2 tsp	Chilli sauce
2 tsp	Oil

Marinade Paste

3 stalks	Lemongrass
6	Shallots, chopped
2 cloves	Garlic, chopped
½ tsp	Turmeric powder
½ tsp	Chilli powder
1 tbsp	Coriander, chopped
2 tsp	Sugar
½ tsp	Salt
1 tbsp	Oil
2 tbsp	Water



METHOD

1. Cut off the ends of the lemongrass stalks, and peel off the outer layer. Chop lemongrass into small pieces.
2. In a food processor, add chopped lemongrass and the rest of the ingredients for the Marinade Paste and blend until a smooth paste.
3. Transfer the Marinade Paste to a medium bowl. Add the chicken and coat evenly with the marinade. Allow the chicken to marinate for at least 30 minutes, or overnight in the chiller.
4. In a small bowl, add the low-fat mayonnaise and chilli sauce. Mix to combine well, then set aside.



5. In a non-stick frying pan, heat 1 tsp of oil over medium heat. Add 2 pieces of marinated chicken and pan-fry until chicken is cooked through and light golden brown. Remove from the pan and set aside.
6. Add remaining 1 tsp oil to the frying pan and pan-fry the other 2 pieces of chicken. When chicken is cooked through and light golden brown, remove from the frying pan and set aside.
7. On 1 slice of bread, place 2 slices of cucumber. Add 1 piece of pan-fried chicken and drizzle with chilli mayonnaise. Then, add 2 slices of tomato, followed by some shredded lettuce and purple cabbage.
8. Assemble 3 more sandwiches using the remaining pieces of bread, chicken and vegetables.
9. Serve immediately.

NOTE:

- Lemongrass chicken can be baked in pre-heated oven at 180°C for approximately 20 to 25 minutes, or until cooked.
- Low-fat or fat-free mayonnaise could be used as healthier options.

NUTRITION INFORMATION PANEL

Approximate Nutritional Analysis Per Serving

Asian Lemongrass Chicken Sandwich	
Servings per recipe: 4	
	Per serving
Energy	301 kcal
Carbohydrate	21.6 g
Protein	24.8 g
Total Fat	11.9 g
Saturated fat	2.7 g
Dietary Fibre	4.4 g
Cholesterol	94 mg
Sodium	475 mg