



Banh Mi Chicken Sandwich

Good Morning Vietnam!! Chicken Breast, Cucumber Slices, Pickled Veggies, Cilantro and a Spicy, Savory Spread

The unofficial, official chicken sandwich of Vietnam. This light, fresh and flavorful sandwich sports tender chicken on a soft french roll. It's then dressed up with a savory spread, fresh cucumber slices, thin cut pickled carrots, radishes and jalapeños. Finally, it's topped with a heaping helping of fresh cilantro leaves.

Servings Info.:

Yields: 2 sandwiches
 Servings: 2
 Serving: 1 sandwich



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- last checked 02/16/24 -
 These points **DO NOT INCLUDE THE BREAD!!**
 These are the points for the "FILLING". Use whatever bread rolls you want, then add THESE POINTS to your bread of choice.

Ingredients:

Chicken:

- 2 medium (3-4oz each) chicken breast, lightly pounded
- (marinade) 1-1/2 Tbsp reduced sodium soy sauce
- (marinade) 1-1/2 tsp fish sauce
- (marinade) 1 tsp lime juice
- (marinade) 1/2 tsp paprika
- (marinade) 1/8 tsp baking soda, stirred into the soy/fish sauces

Easy Pickled Vegetables:

- 1 cup matchstick carrots (or freshly shredded)
- 1 cup daikon radish, thiiiiin sliced, to be similar in size to the matchstick/shredded carrots (see notes)
- 1 jalapeño pepper (red or green), sliced into thin rounds.
- distilled white vinegar... as much as you need (see notes)

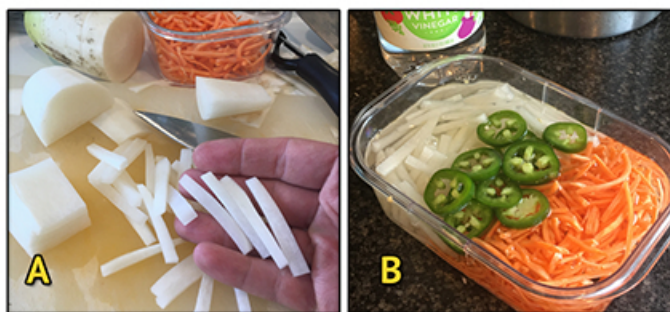
Dressing/Spread

- 4-1/2 Tbsp fat free plain Greek yogurt
- 1 tsp low fat mayonnaise
- 1 tsp lime juice
- 1/2 tsp sriracha asian chili sauce (or other hot sauce)
- 1/2 tsp paprika, for color
- 1/4 tsp salt

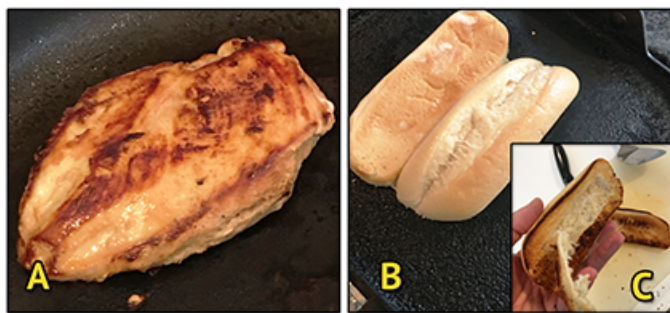
Additional Ingredients:

- (2) store bought, french bread hoagie rolls. Scoop bread out of top bun halves. (SEE NOTES)
- 1 bunch cilantro, rough chopped, not packed (about 1 cup)

Directions:

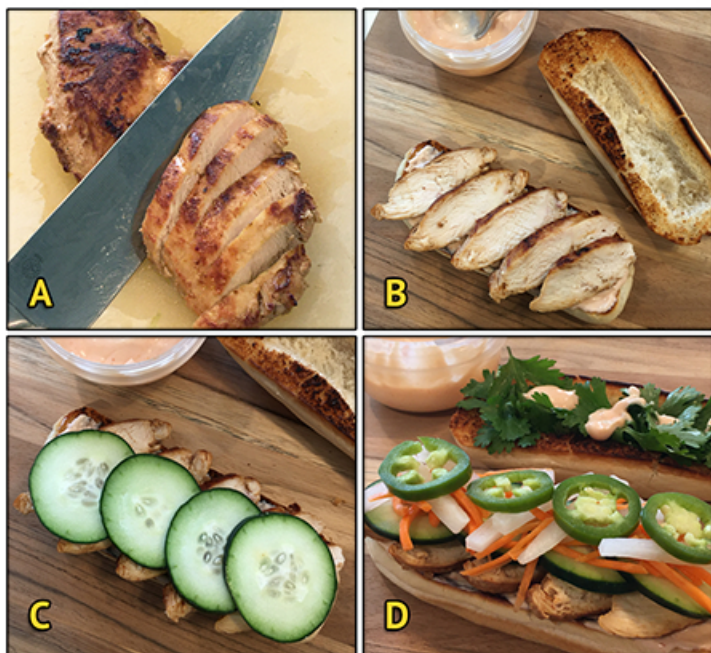


- 1 (A) Peel the daikon radish, then slice it and the jalapeño, removing most of the seeds from the pepper. Add the cut veggies to a small pot and cover with white vinegar. Bring to a simmer, then turn off heat and let cool to room temperature. (B) Place the quick pickled veggies into a container, covered with the vinegar. Cover with an air tight lid and set aside in the fridge, to cool.



- 2 (A) Mix together the marinade and spread over the chicken. Let sit for 20-30 minutes. Heat a pan over medium-high heat for 1 minute. Spray with cooking spray, then cook chicken for 3 minutes per side. Set aside. (B) Heat another pan over medium heat, then 'butterfly' your sandwich rolls. Spray the 'inner' part with cooking spray, then lay them down onto the hot pan. Toast till edges are toasted brown. Remove from heat and let rest till cool. (C) Scoop out bread from the top bun, to create a cavity. Set rolls aside.

- 3 Mix all of the ingredients for the Sauce/Spread together, till smooth and well combined. Set aside.



4. (A) Let your cooked chicken breasts rest for 10 minutes, then slice into 1/4" strips. (B) Smear a spoonfull of the Sauce/Spread onto the toasted bottom buns, followed by a layer of the sliced chicken breast. (C) Place thin sliced cucumber rounds over the chicken. (D) Take a handful of the pickled carrots and radish out of the vinegar and place onto a paper towel to remove some of the vinegar. Set a good amount of pickled carrot and radish on top of the cucumber slices, followed by a row of pickled jalapenos. Stuff the cavities on the top buns, with fresh cilantro, then place a few dollops of the sauce onto the leaves. (Doing it this way holds the cilantro in place while we flip the bun and keeps it from spilling out the sides when you take a bite). Finally... carefully flip the top bun over and onto the sandwich. Done.

NOTES & SUGGESTIONS:

- **VINEGAR:** Ok, here's the deal. More than 1-1/2 cup of white vinegar is 1 point. HOWEVER... I am not counting the points for vinegar. We are soaking the vegetables, then removing them. We are not ACTUALLY consuming all that vinegar with our sandwich. So... I am not counting the point, due to an over abundance of common sense. You don't count the points for the vinegar filling a BIG jar of pickles, do you?
- **DAIKON RADISH:** Now, I totally understand that not everybody has access to these, in the produce departments of their local stores. So, here's some alternatives:
 - * **Red Radish:** Ya'know... those little round red ones? You can slice those thin and use them instead.
 - * **Jicama:** Peel and slice jicama. The cool thing if you use it instead of radish is, where radishes are crisp, bitter and peppery... jicama is crisp and mildly sweet.
- **JALAPEÑOS:** First off, if you are handling raw peppers, DO NOT RUB YOUR EYES!!! Also, WEAR GLOVES!! For folks who don't like heat, once you remove the seeds and pickle them in vinegar, they pretty much lose 90% of their spiciness. TRUST ME... I think the mild sauce at Taco Bell is spicy and I was ok with this. Side note, if you can get red jalapenos, they are prettier in the sandwich.
- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Easy. If you use an 8 point bun, add it to the points for 1 serving of my sandwich.
- **WHAT I DID FOR MY BREAD:** I used a generic, store bought, 6 point 'french bread hoagie roll'. I scanned the bag and pulled it up in the app. I then scrolled down to see how many grams I'd need to remove to make it a 5 point roll, by weight. I scooped out bread from the top bun, till I hit that number on a food scale. So... I turned my 6 point roll into a 5 point roll. So on MY plan... my 1 sandwich was 5 points.
- **SAUCY:** For a huge flavor kick, drizzle some of my teriyaki sauce over the pickled veggies, before closing up the sandwich. You can also use more Sriracha, if you want.

