



Wholemeal sandwich with curry mango chicken fillet

Hearty sandwich with deliciously marinated curry-mango chicken fillet – delicacies on the go!

Zutaten

2 Portionen

Sandwich

200 g Chicken breast fillet

Byodo sea salt, fine

Pepper

2 EL Byodo classic frying oil

1 Mango

0.5 Cucumber

4 Slices Wholemeal toast

50 g Cream cheese

Iceberg lettuce

Sprouts or cress

Byodo curry-mango sauce

Byodo salad cream

Marinade

50 g Byodo curry-mango sauce

30 g Natural yogurt

Dried chili, ground

Zubereitung

Cut the chicken breast fillet into thin slices. Mix the ingredients for the marinade together and leave the meat to marinate in it for at least 30 minutes. Then season with salt and pepper. Heat the frying oil in a frying pan and fry the chicken fillet slices for approx. 2 minutes on each side.

Peel the mango with a peeler, cut in half and slice the flesh. Thinly slice the cucumber.

Spread cream cheese on the slices of bread and top with all the ingredients. Use the curry-mango sauce and salad cream as desired and close the sandwich. Cut the sandwich in half and wrap it in sandwich paper or a beeswax cloth.



The chicken breast fillet can be replaced with firm tofu or halloumi for a vegetarian version of the recipe. Marinate it first and then fry it on both sides in the pan.