

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.