

# Chicken Bahn Mi

Are you hooked on Bahn Mi yet? These Vietnamese sandwiches are the perfect marriage of French and Vietnamese flavors. With tender chicken breast, pickled vegetables and a sweet Sriracha aioli served sandwich style, it's comfort food with a twist. We're serving ours with a Vietnamese Broccoli Slaw that had the test kitchen asking for seconds.

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Broccoli Slaw  
Bahn Mi Sauce  
Pickled Vegetables  
French Roll  
Carrots and Cucumbers

## Make The Meal Your Own

**If you're cooking with kids**, cut a portion of the roll for them and let them have fun filling in the ingredients.

## Good To Know

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 525 Calories, 10g Fat, 63g Protein, 48g Carbs, 11 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

SCAN QR CODE  
to view YouTube  
cooking video



**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

INGREDIENTS: Chicken, French Roll, Broccoli, Carrots, Red Onion, Cucumber, Jalapeño, Radish, Cilantro, Mayonnaise, Sriracha, Lime, Rice Wine Vinegar, Sugar, Kosher Salt

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### 1. Cook the Chicken

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the **Chicken** to the pan and cook for 3 to 4 minutes, until the chicken is crisp and brown. Turn the chicken over and cook for another 3 to 4 minutes, until this side is brown as well.

Remove from heat and place on a cutting board. Once the chicken has rested for 5 minutes, use a sharp knife to cut the chicken breast evenly into strips, about ¼" to ½" wide and set aside.

### 2. Make the Broccoli Slaw

While the chicken is resting, place the **Broccoli Slaw** in a mixing bowl. Add 3 Tbsp of the **Bahn Mi Sauce** and 1 Tbsp of the liquid only from **Pickled Vegetable**. Mix thoroughly and salt and pepper to taste.

### 3. Build Your Bahn Mi

Open up the **French Roll** and generously spread the Bahn Mi sauce on the top and bottom of the bread. Add sliced chicken, then top with **Cucumbers & Carrots** and the pickled vegetables. Drizzle a bit more Bahn Mi sauce on top.

*To make your coleslaw extra creamy, add more Bahn Mi sauce. To thin it out, add additional liquid from the pickled vegetables.*

### 4. Put it All Together

Serve the Bahn Mi, cut in half, alongside the broccoli slaw and enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**

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