



Spicy chicken sandwich

20'
Hands on

15'
Cook Time

2-4
Portion(s)

1
Difficulty



Method

- Preheat the oven to 180° C (350° F) set to fan.
- In a bowl add the ginger, coriander, cumin, paprika, chili flakes, thyme, salt, pepper, and mix with a spoon.
- Place a **frying pan** over high heat and add 1 tablespoon olive oil.
- Put the chicken fillets into the bowl with the spices and make sure to cover their whole surface.
- Add the fillets into the hot frying pan and sauté them for 1-2 minutes on each side until golden.
- Transfer into a **baking pan** with a **rack** and roast for 12-15 minutes.
- Place the same frying pan on heat and add 1 tablespoon olive oil.
- Cut the ciabattas in half and add them into the frying pan. Cook for 1-2 minutes on both sides until they are golden.
- Half the **avocado** and cut it into slices.
- **Cut** the chicken into slices.
- Place, alternately, the chicken slices and the avocado.
- Spread the ciabattas with the cream cheese and add the chicken with the avocado.
- Add rocket leaves, drizzle 1 tablespoon olive oil over each one, and serve.

Ingredients

For the marinade

- 1 teaspoon ginger powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon chili flakes
- 1 tablespoon thyme
- salt
- pepper

To assemble

- 2 chicken breast fillets
- 4 tablespoons olive oil
- 2 ciabattas
- 1 avocado
- 100 g cream cheese, light
- 100 g rocket leaves

Διατροφικός πίνακας

Nutrition information per portion

299 Calories (kcal)	16.0 Total Fat (g)	3.5 Saturated Fat (g)	12.0 Total Carbs (g)
15%	23%	18%	5%
2.2 Sugars (g)	26.0 Protein (g)	3.0 Fibre (g)	0.79 Sodium (g)
2%	52%	12%	13%