



Grilled sandwich with spicy chicken

25'
Hands on

15'
Cook Time

4-6
Portion(s)

2
Difficulty



Method

For the chicken

- Preheat oven to 180* C (350* F) Fan.
- Drizzle chicken fillets with olive oil and season with salt and pepper. Spread it all over the chicken to coat.
- Place a nonstick pan over high heat and let it get so hot that smoke rises from it.
- Add the chicken and brown on both sides without adding any oil.
- Prepare a small baking pan that is just large enough to fit the chicken, by adding all of the sprigs of herbs and the garlic on the bottom.
- When the chicken has turned golden, transfer to pan and place over herbs. This way all of the aromas from the herbs will get in to the chicken as it is cooking.
- Melt the butter in the pan and as soon as it starts to sizzle, pour it over the chicken.
- Bake for 15 minutes.
- When ready, thinly slice.

For the bbq figs

- Place a saucepan over medium heat and melt the butter.
- Add the dried figs that have been cut in half and sauté for 2-3 minutes.
- Add the ketchup and vinegar and boil for 3 minutes.
- Add the brown sugar and stir with a wooden spoon until the sugar dissolves completely.
- Transfer to a blender and beat until all of the ingredients are completely incorporated.
- Transfer mixture back to pan and add salt, pepper, ginger powder, smoked paprika and honey.
- Boil until you create a thick sauce that is like marmalade.
- Set aside to cool.

To assemble

- Preheat oven to 180* C (350* F) Fan.
- Place a nonstick pan over medium to low heat.
- Add a teaspoon of butter and let it melt.
- Add 2 slices of sandwich bread and toast for 2-3 minutes on each side, until nice and golden.
- Repeat the same process for the remaining slices of bread.
- When all 8 slices are ready, spread them out on a clean working surface.
- Spread a tablespoon of bbq fig sauce over each slice.
- To 4 of the slices, add a slice of cheese, some slices of chicken, a tablespoon of caramelized onions and last another slice of cheese.
- Cover with the remaining 4 slices and transfer to a sheet of parchment paper.
- Bake for 5-8 minutes, until the cheese melts.
- When ready, remove from oven and serve with some refreshing iceberg leaves.

Ingredients

For the chicken

- olive oil, some
- salt
- pepper, fresh
- 400 g chicken breast fillet
- 3 sprig(s) thyme
- 3 sprig(s) oregano
- 3 sprig(s) rosemary
- 2 clove(s) of garlic, crushed
- 2 tablespoon(s) butter

For the bbq figs

- 10 figs, dried
- 20 g butter
- 360 g [homemade ketchup](#)
- 300 g apple cider vinegar
- 450 g dark brown soft sugar
- 1 pinch salt
- 1 pinch pepper
- 1 teaspoon(s) ginger, powder
- 1 teaspoon(s) paprika, smoked
- 1 tablespoon(s) honey

To assemble

- 60-80 g butter, for toasting bread
- 8 slices [sandwich bread](#)
- 8 slices edam cheese
- [caramelized onions](#)
- 4-5 iceberg lettuce, leaves, for serving

Διατροφικός πίνακας

Nutrition information per portion

923 Calories (kcal)	25.0 Total Fat (g)	12.0 Saturated Fat (g)	136.0 Total Carbs (g)
46%	36%	60%	52%
114.0 Sugars (g)	30.0 Protein (g)	6.5 Fibre (g)	2.6 Sodium (g)
127%	60%	26%	43%