

DINNERLY



Cajun Chicken Tenderloin Subs with Pickled Veggies



25 minutes



2 Servings

Looking for dinner on the table quick smart? This fast recipe is ready in 25 minutes or less and comes with yumness guaranteed.

WHAT WE SEND

- 1 carrot
- 1 Lebanese cucumber
- 1 spring onion
- 5g Cajun seasoning ⁴
- chicken tenderloins
- 2 sandwich rolls ^{2,3,5}

WHAT YOU NEED

- 1½ tbs white vinegar
- 1 tbs sugar
- 1 tbs olive oil
- 2 tbs mayonnaise ¹

TOOLS

- 2 oven trays
- baking paper
- julienne peeler or box grater
- vegetable peeler

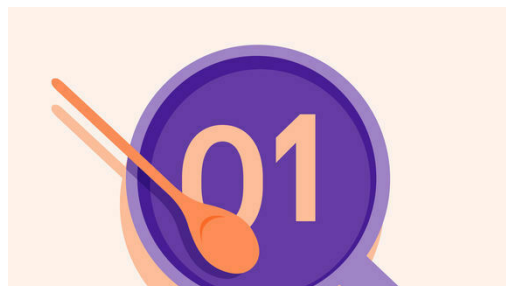
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Gluten (2), Soy (3), Sulphites (4), Wheat (5). May contain traces of other allergens.

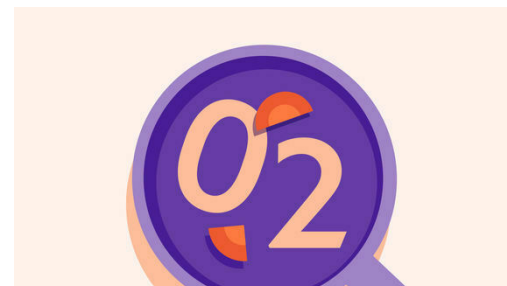
NUTRITION PER SERVING

Energy 805kcal, Fat 27.1g, Carbs 84.4g, Protein 47.0g



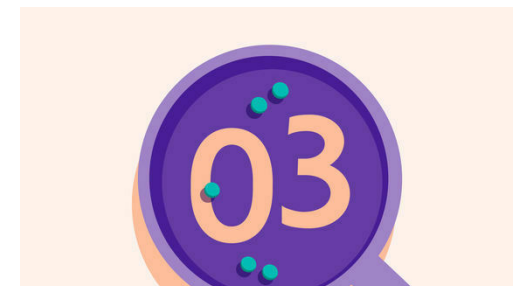
1. Prep ingredients

Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Peel the **carrot**, then shred using a julienne peeler or coarsely grate with a box grater. Peel the **cucumber** into ribbons. Thinly slice the **spring onion**.



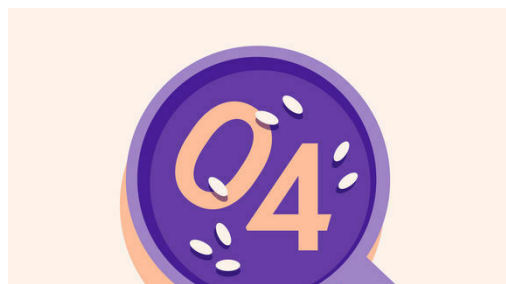
2. Pickle veggies

Combine 1½ **tbs white vinegar** and 1 **tbs sugar** in a large bowl. Add the **carrot** and **cucumber**, season with **salt** and toss to combine. Set aside to pickle, tossing occasionally, until needed.



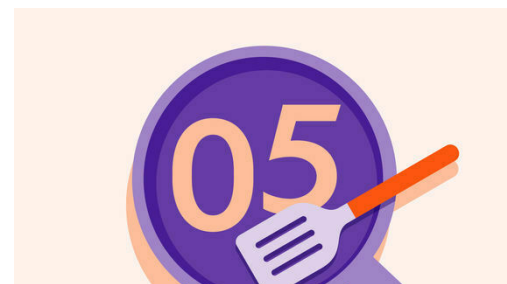
3. Roast chicken

Combine 2 **tsp Cajun seasoning** (see Make it yours) and 1 **tbs olive oil** in a separate large bowl and season with **salt and pepper**. Add the **chicken** and turn to coat, then put on the lined tray. Roast on the upper oven shelf for 8 mins or until cooked through.



4. Warm rolls

Meanwhile, cut the **rolls** lengthwise down the middle, taking care not to cut all the way through. Put on an oven tray and bake on the lower shelf for 4-5 mins until warmed through and crusty.



5. Serve up

Slice the **chicken**. Put the chicken and any tray juices in a bowl. Add the **spring onion** and 2 **tbs mayonnaise** and stir to combine. Taste, then season with **salt and pepper**. Fill the rolls with the **pickles** and **chicken mixture**, then drizzle with the **pickling liquid** and enjoy!



6. Make it yours

Our Cajun seasoning has a bit of heat. If you prefer less spice, reduce the seasoning to taste or reserve a portion of the chicken from the marinade and cook separately.

Questions about the recipe? Customer Service: 02 9056 7570 Email: hi@dinnerly.com.au

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