

# Chicken Schnitzel Bánh Mì with Satay Sauce



**Serves 4**

**Prep 20 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

2 tbsp rice wine vinegar  
2 tsp caster sugar  
2 large skinless chicken breasts  
6 tbsp plain flour  
2 eggs, beaten  
140g dried breadcrumbs  
4 tbsp, roasted peanuts, finely chopped  
2 tbsp sunflower oil  
4 mini baguettes or hot dogs  
bunch of parsley  
2 carrots, cut into matchsticks  
2 heaped tbsp ready-made crispy onions

## For the satay sauce

2 tbsp rice vinegar  
2 tbsp smooth peanut butter  
2 tbsp light soy sauce

1. Heat the oven to 220C/ 200C fan/ Gas 7. Mix the rice vinegar and sugar.
2. For the satay sauce, whisk the ingredients in a bowl with 2 - 4 tbsp of water until smooth.
3. Halve the chicken breasts lengthways so you have two long strips. Cover with cling film and use a rolling pin to bash out the thicker end so it evens out the thickness. Put the flour & some seasoning onto a plate & toss with the chicken. Put the eggs onto a separate plate, and the breadcrumbs, peanuts and oil onto another. Rub the oil into the crumbs so everything is well mixed. Dip each chicken strip first into the egg to coat, then roll into the nutty crumbs.
4. Put onto a baking sheet and cook for 25-30 mins until golden and crispy, turning halfway through. Slice.
5. Split the baguettes in half and stuff each with the parsley leaves and carrot matchsticks. Add pieces of sliced chicken schnitzel to each, then drizzle with the satay sauce. Sprinkle over the crispy onions.