



Recipe tip:
You can use salt
reduced soy
sauce instead of
kecap manis.



Cheeky Chicken Subs

Makes 4



Ingredients:

2 chicken breasts
Spray oil
2 tablespoons kecap manis (sweet soy sauce)
2 teaspoons honey
1 tablespoon poppy seeds
1 small cucumber
½ red onion
2 tomatoes

1 carrot
1 small bag baby spinach
4 wholegrain bread rolls

Equipment:

Chopping boards, knives, frypan, measuring spoons, large spoon, tongs, small bowl, spoon, grater



1 Slice chicken in to small strips. Heat frypan and lightly spray with oil.



2 Add chicken to pan. Cook chicken until brown and cooked through.



3 Mix kecap manis / soy sauce, honey and poppy seeds in a small bowl. Add to pan and cook for a further 2-3 minutes.



4 On a clean chopping board, slice cucumber, onion and tomato. Grate carrot.



5 To make subs, slice rolls open and fill with chicken and salad.