



CHARGRILLED CHICKEN SANDWICHES

WITH FRESH MOZZARELLA

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 30 minutes

These chargrilled chicken sandwiches are so easy to make yet still taste so delicious!
Chargrilled steak would make a nice alternative to chicken.



CHARGRILL

- 1 red capsicum
- 2 courgettes
- 600g chicken tenderloins (1lb 5oz)
- 1 tsp garlic powder
- 1 tsp dried oregano
- ½ tsp salt
- ¼ tsp black pepper
- Cooking oil spray

AIOLI SAUCE

- 1/3 cup plain, unsweetened yoghurt (80ml)

- 2 Tbsp aioli
- 1 Tbsp lemon juice

TO SERVE

- 1 avocado
- 125g fresh mozzarella (4.4oz)
- 365g Turkish focaccia bread (garlic flavoured is nice) (13oz)
- 1/3 cup sundried tomato pesto (75g)
- 50g alfalfa sprouts (1.8oz)
- 60g baby rocket (2.1oz)

1. Preheat oven to 180°C bake (360°F). Line a large oven tray with baking paper.
2. **PREPARE CHARGRILL ITEMS**
Slice capsicum and courgette into strips. Sprinkle capsicum, courgette and chicken with garlic powder, oregano, salt and pepper.
3. **PREPARE AIOLI SAUCE**
Whisk together yoghurt, aioli and lemon juice. Season with a little salt and pepper.
4. Thinly slice avocado and mozzarella.
5. **COOK BREAD**
Place bread on prepared tray and then in oven. Cook for 6 minutes, until crisp around the outside and warmed through. Set a timer so you don't forget about it!
6. **CHARGRILL CHICKEN & VEGGIES**
While bread is cooking, spray a chargrill or frying pan with cooking oil spray (this is my preferred option for a chargrill pan as it coats the surface completely; alternatively, brush with a little vegetable oil). Turn heat to high. Cook chicken for 3 minutes on each side, until browned and cooked through. Place in a dish and cover with foil to keep warm.
7. Add capsicum and courgette to pan and fry (tossing with tongs) for 3-5 minutes, until tender.
8. **SERVE**
Cut bread into four, then slice each piece in half horizontally. Spread both halves with pesto. Top one half with mozzarella, chicken, grilled veggies and avocado, then drizzle with aioli sauce. Finish with sprouts and rocket before placing the other half piece of bread on top.



WINE MATCH: A Sauvignon Blanc.

CHARGRILLED CHICKEN SANDWICHES RECIPE NOTES

GLUTEN-FREE OPTION: Swap focaccia bread for your favourite gluten-free bread.

INGREDIENT SWAPS: If you don't like sundried tomatoes or can't find sundried tomato pesto, you could use basil pesto instead.

STORING AND REHEATING: Keep individual components separate and assemble just before eating. Chicken and veggies can be reheated in the microwave. Bread is best reheated in the toaster.