



# Spicy Courgette & Chicken Sandwich

NIBBLEDISH CONTRIBUTOR

## Ingredients

For the rub - 2 tablespoons black peppercorns - chilli flakes to your desired heat level - a dollop of wholegrain mustard - 1 tablespoon olive oil - 1 teaspoon coriander seeds  
For the sammach - 1 chicken breast, scored and cubed - 1 onion, finely diced - 2 cloves garlic, roughly chopped - 1 courgette, roughly chopped  
Other stuffs - a drizzle of honey whilst cooking - a sprinkle of balsamic for colour - some flaked almonds, for a little crunch

## Instructions

Sometimes you just want something chunky, wholesome and satisfying to eat. That was the goal of this sandwich :) 1. Bash together the ingredients for the rub in a pestle and mortar, and rub on the chicken. Season with a little salt. 2. Roast off the courgette and onion in a pan with a little olive oil - cook until the onion has a little colour. Add the garlic and chicken. Seal the chicken, add a touch of balsamic and honey, stir and cover. Put on the lowest heat possible for about 30 minutes. 3. The chickeny, courgettey, oniony mixture should now be a gooey mess. Spoon onto ciabatta and top with fresh tomato and flaked almonds. A sprig of fresh basil would not go amiss.