



Grilled Chicken and Pea Shoot Charmoula Sandwiches

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots with a mandoline cut into long shreds, preferably
- 0.3 cup cilantro leaves chopped
- 2 garlic clove minced
- 0.5 teaspoon ground cumin
- 1 teaspoon kosher salt
- 0.3 cup juice of lemon
- 0.3 cup mayonnaise

- 0.5 cup olive oil extra virgin extra-virgin
- 2 teaspoons paprika smoked spanish
- 1 qt pea shoots packed separated
- 0.5 teaspoon pepper
- 1 pound chicken breast halves

Equipment

- bowl
- whisk
- grill

Directions

- Stir together oil, lemon juice, salt, pepper, cumin, paprika, garlic, and cilantro in a medium bowl to make charmoula.
- Transfer 6 tbsp. to a small bowl.
- Pull off tenders (the long, small, tenderloin muscles) from chicken.
- Add chicken (including tenders) to charmoula in medium bowl and turn to coat. Chill chicken and extra charmoula, covered, about 1 hour and up to 1 day, turning chicken once.
- Heat grill to high (450 to 550). Grill chicken, covered, turning once, until cooked through, 4 to 10 minutes; discard marinade.
- Transfer chicken to a board, let rest briefly, then slice diagonally. Grill rolls, cut sides down, until toasted, 1 minute.
- Spoon 2 tbsp. reserved charmoula into a clean medium bowl, add carrot and pea shoots, and toss gently. Spoon 1 1/2 tbsp. more charmoula into a small dish and set aside.
- Whisk mayonnaise into charmoula remaining in the small bowl and spread over cut sides of the rolls.
- Fill rolls with pea shoot salad and arrange chicken on top. Spoon about 1 tsp. reserved charmoula (from small dish) over chicken on each sandwich.
- *Find at farmers' markets or Asian markets.

Nutrition Facts



■ PROTEIN 35.46% ■ FAT 59.62% ■ CARBS 4.92%

Properties

Glycemic Index:52.71, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:23.150434815365%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 363.06kcal (18.15%), Fat: 24g (36.92%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3g (1.09%), Sugar: 1.82g (2.03%), Cholesterol: 80.41mg (26.8%), Sodium: 891.56mg (38.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Vitamin C: 172.26mg (208.81%), Vitamin A: 4144.84IU (82.9%), Vitamin B3: 12.13mg (60.66%), Selenium: 37.06µg (52.95%), Vitamin B6: 0.92mg (46.14%), Vitamin K: 41.3µg (39.34%), Phosphorus: 256.33mg (25.63%), Fiber: 5.71g (22.85%), Vitamin B5: 1.75mg (17.55%), Potassium: 531.54mg (15.19%), Vitamin E: 2.07mg (13.77%), Magnesium: 36.27mg (9.07%), Vitamin B2: 0.15mg (8.56%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.1mg (6.48%), Iron: 1mg (5.57%), Zinc: 0.81mg (5.43%), Vitamin B12: 0.25µg (4.15%), Folate: 12.85µg (3.21%), Copper: 0.06mg (3.2%), Calcium: 22.86mg (2.29%)