



Place a frying pan on medium-high heat and place one slice of bread on the pan (the buttered side down).

On top of that, in this order, place the chicken, tomatoes, capsicum and cheese. Place the other slice of bread on top of that (the buttered side down). Carefully flip the sandwich and press down with your spatula. Wait for it to get golden brown and place in the tiffin box.

COLD NOODLE WITH CHICKEN

I use Soba noodles for this recipe, but you can even use spaghetti or normal egg noodle.

Ingredients:

Handful soba (buckwheat) noodle (available at Korean Mart, Banani)
 ½ cup peas
 3 tbsp peanut butter
 ½ tbsp vinegar (not seasoned)
 1 tbsp soy sauce
 2 tsp grated, peeled ginger

1 tsp sesame oil

1 tsp Sriracha

Salt

1 cup shredded boiled chicken (find recipe in 'sliced chicken sandwich' above)

1 cup diced cucumber, deseeded

½ cup chopped scallions

Method:

Bring a large pot of water to a boil. Add the soba noodles and peas and cook as the noodle label directs. Reserve one cup cook-

ing water, then drain the noodles and peas and run under cold water until cool. Whisk the peanut butter, vinegar, soy sauce, ginger, sesame oil and chilli sauce in a large bowl. Add ½ cup of the reserved cooking water and whisk until smooth. Add the noodles and peas, season with salt and toss to combine (add more cooking water to loosen, if needed). Place the cooked noodles in the tiffin box and top with chicken, cucumber and scallions.

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