

Asian Chopped Protein Sandwich



Inspired by Korean Mayak eggs, this recipe offers a true explosion of flavors. Ready in under 10 minutes and requiring minimal dishes, it's both high in fibre and protein. Delicious as a sandwich or in a crunchy salad, it easily fits into your lunches. Our dietitians love recommending it to elevate your lunch game, whether you're cooking for yourself or the whole family, since it can easily be doubled or tripled. For more ideas, check out our [Top 10 healthy cold lunches](#).

Preparation 7 min
Cooking 2 min
Servings 1
Nutrition Facts (per serving)
Calories 460
Fat 18
Carbohydrates 52
Fibre 11
Protein 22
Sodium 650

Ingredients

- 1 whole grain sub roll (or 1 large whole wheat wrap)
- 1 Korean marinated egg, drained*
- 80 ml (1/3 cup) chopped cabbage

- 2 radishes, thinly sliced
- 1/4 ripe avocado
- 15 ml (1 tbsp) green onion
- 15 ml (1 tbsp) fresh cilantro
- 10 ml (2 tsp) marinade from the Korean eggs*
- 5 ml (1 tsp) Sriracha sauce
- 5 ml (1 tsp) lemon or lime juice
- 15 ml (1 tbsp) unsalted roasted peanuts

Preparation

1. In a non-stick pan, lightly toast the bread or wrap.
2. On a large work surface, place the marinated egg, cabbage, edamame, radishes, avocado, green onion and cilantro, then chop everything together.
3. Add the marinade, Sriracha, and lemon juice. Mix using the knife.
4. Using the blade of the knife, transfer the mixture into the toasted bread.
5. Sprinkle peanuts over the mixture before closing the sandwich.

Notes

Keeps for 3 days in the refrigerator.

Add the egg and avocado just before serving to prevent oxidation and maintain texture. Add peanuts just before serving.

*If you don't have a marinated egg on hand, use a soft-boiled egg and add 2 tsp low-sodium soy sauce and 1 tsp toasted sesame oil to the mixture.



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