

# V Chicken Sandwich

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## Ingredients

Bread of choice  
Coleslaw ([www.veets.com.au/blog/sweet-corn-coleslaw](http://www.veets.com.au/blog/sweet-corn-coleslaw))  
Lettuce  
Hummus  
  
400g Lion's mane mushrooms or oyster mushrooms  
¾ -1 cup rice crumbs  
¼ cup besan flour  
½ cup rice flour  
Salt and pepper

## Chicken salt seasoning

1 tsp salt  
1 tsp ground pepper  
1 tsp dried thyme  
1 tsp dried oregano  
1 tsp dried rosemary  
1 tsp dried basil  
1 tsp smoked paprika  
2 tsp ground dried onion

## Method

Avocado, macadamia or organic sunflower oil to fry or you can oven bake with no oil, just put the pieces on a paper lined baking tray.

1. For the chicken salt, grind all the herbs and mix with the other spices. Place in a mixing bowl and add ½ cup rice flour or gluten free flour or corn flour.
2. Rip off pieces of the lions mane mushroom so it represents shreds of chicken. Add to the bowl with the seasoning and flour, mix until well coated.
3. Mix the besan flour with ¼ cup water and maybe a bit more to make a slurry, add some pepper and ¼ tsp salt. Mix the slurry into the bowl with the mushrooms until all pieces are wet.
4. Place the rice crumbs in a bowl and heat up some oil in a frying pan and coat each piece of mushroom (or v chicken) in rice crumbs and place in the frying pan. Cook for 4 minutes before turning and then for a further 2 minutes or until crisp. Alternatively, oven fry for 20 - 25 minutes or until crisp.
5. Make the sandwich by spreading one slice of bread with hummus, then add the lettuce and coleslaw and top with the mushrooms (v chicken) and top it off with another slice of bread and hey presto, you got yourself a very tasty v chicken sandwich.

The logo for Veet Karen, featuring the name in a stylized, handwritten script font.