



Colorful Wagyu Sandwich

Chuck



12



752 kcal
(per serving)



30 min



This colorful sandwich is made with seasonal vegetables. Beef tastes great with pickles, and the crunchy vegetables offer a nice contrast with the soft sandwich bread.

Makes 2 servings

Wagyu chuck (sliced)	200 g
Eggplant	1/3 (25 g)
Satsumaimo	1/8 (30 g)
Sweet pepper	1/5 (30 g)
Takuan pickled daikon (or cucumber pickles)	1 tablespoon
Tomato	1/5 (40 g)
Sandwich bread, thick cut (about 1.5 cm)	4 slices
Mild cheese (mozzarella, etc.)	45 g
Salt	Pinch
Pepper	Pinch
Vegetable oil	2 teaspoons

Breading ingredients

Flour	1 and 2/3 tablespoons
Egg	1/2
Panko	20 g

1. Dice the eggplant and satsumaimo into 5 cm pieces. Julienne the sweet pepper into 5 mm slices. Place vegetables in a bowl of water, then steam for about 4 minutes or microwave at 600 watts for about 90 seconds. Drain on a paper towel to remove excess moisture.
2. Mince the takuan pickled daikon. Dice the tomato into 5 mm pieces. Drain on a paper towel to remove excess moisture.
3. Take two slices of bread and top with grated mild cheese, then top with the vegetables (eggplant, satsumaimo, sweet pepper, takuan, tomato). Finally, top with the two remaining slices of bread and press in a sandwich grill/press (without turning the grill/press).
4. Season the slices of Wagyu chuck with salt and pepper. Wrap the grilled sandwiches in the Wagyu slices, in a cross pattern. Bread the beef-wrapped sandwiches by coating with flour, dipping in beaten egg, and coating with panko.
5. Add oil to a frying pan and fry the breaded sandwiches over low heat on all sides, until meat is browned. Drain on a paper towel to remove excess oil.
6. Cut sandwiches into convenient serving sizes for plating.