



Saucy BBQ Chicken Sandwich

with Cheddar

SERVES
2



Eat Me Early

Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Olive Oil*	1 small packet
Chicken Breast	1 small packet
Sweetcorn	1 tin
BBQ Sauce	1 packet
Mayonnaise	1 medium packet
Cheddar Cheese	1 large packet
Mixed Salad Leaves	1 small bag
Sliced Sourdough	4 slices

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2793kJ (668Cal)	728kJ (173Cal)
Protein (g)	51.2g	13.4g
Fat, total (g)	31.2g	8.2g
- saturated (g)	11.2g	2.9g
Carbohydrate (g)	42.8g	11.2g
- sugars (g)	11.3g	3g
Sodium (g)	1218mg	318mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Cook the chicken

Slice **chicken breast** into thin strips. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook chicken, tossing occasionally, until browned and cooked through (no longer pink inside), **3-4 mins**. Cool slightly, then shred chicken with 2 forks.

2. Make the filling

Drain **sweetcorn**. In a medium bowl, combine **corn, shredded chicken, BBQ sauce, mayonnaise and Cheddar cheese**. Season with **salt and pepper**.

3. Serve up

Build your sandwiches by layering **mixed salad leaves** and chicken filling between **sourdough slices**. Wrap in plastic wrap or foil. Refrigerate until ready to serve.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact



SFO



ON THE MENU

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Brekkie delights

Make breakfast extra delicious with one of our satisfying breakfast options, like granola, pancakes and bagels.

Combining a fresh bagel and delicious savoury toppings, our **Smoked Salmon & Cream Cheese Bagel with Spring Onion & Capers** is sure to be a hit!



Treat yourself

For a twist on a retro classic try our **Pineapple Upside Down Cake**. With a decadent coconut caramel sauce, you'll be lining up for seconds!



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Choc Chip Protein Cookie



Balsamic Vinegar & Sea Salt Vege Crackers



Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

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