



Chargrilled Chicken & Smokey Bacon Subs

with Sweet Potato Fries and Semi-Dried Tomato Salad

GRILL KIT

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Pear



Smoked Cheddar Cheese



Chicken Thigh



Nan's Special Seasoning



Bacon



Bake-At-Home Ciabatta



Spinach & Rocket Mix



Semi-Dried Tomatoes



BBQ Mayo



Garlic Aioli

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Perfect for a summer evening of entertaining, this chargrilled chicken and smokey bacon sub can be happily devoured in an instant, just make sure to thank the chef. The best part is that this meal can be cooked on a BBQ or in the kitchen. The choice is yours!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · BBQ · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
pear	1	2
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
chicken thigh	1 small packet	2 small packets OR 1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
bacon	1 packet (100g)	2 packets (200g)
bake-at-home ciabatta	2	4
spinach & rocket mix	1 medium bag	2 medium bags
semi-dried tomatoes	1 packet	2 packets
vinegar* (white wine or balsamic)	drizzle	drizzle
BBQ mayo	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4668kJ (1115Cal)	686kJ (163Cal)
Protein (g)	59g	8.7g
Fat, total (g)	52.6g	7.7g
- saturated (g)	11.1g	1.6g
Carbohydrate (g)	99.5g	14.6g
- sugars (g)	24.6g	3.6g
Sodium (mg)	2441mg	359mg

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



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

2



Get prepped

- Meanwhile, preheat BBQ to medium-high heat.
- Thinly slice **pear** into wedges.
- Grate **smoked Cheddar cheese**.
- In a medium bowl, combine **chicken thigh**, **Nan's special seasoning** and a drizzle of **olive oil**. Season.

Little cooks: Under adult supervision, older kids can help grate the cheese.

3



Grill the bacon & chicken

- When BBQ is hot, grill **bacon** until golden, **3-5 minutes** each side. Transfer to a plate and cover to keep warm.
- Grill **chicken**, turning, until charred and cooked through, **10-14 minutes**.

TIP: Chicken is cooked through when it is no longer pink inside.

No BBQ? In a large frying pan, heat a drizzle of olive oil over high heat. Cook bacon until golden, 4-5 minutes. Transfer to a plate and cover to keep warm. Cook chicken, turning occasionally, until browned and cooked through, 10-14 minutes.

4



Bake the ciabatta

- Meanwhile, slice **bake-at-home ciabatta** in half lengthways.
- Place **ciabatta** on a second lined oven tray and sprinkle over **smoked Cheddar cheese**.
- Bake until melted and golden, **5 minutes**.

5



Toss the salad

- Just before serving, in a large bowl, combine **spinach & rocket mix**, **pear**, **semi-dried tomatoes** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.

Little cooks: Take the lead and toss the salad!

6



Serve up

- Slice chicken.
- Spread ciabatta with **BBQ mayo**. Top with bacon, chargrilled chicken and some semi-dried tomato salad.
- Serve with sweet potato fries, **garlic aioli** and remaining salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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