

# Chicken, Cheddar & Bacon Sub

with Corn Cob & Mustard Mayo

FAST & FANCY

NEW

KID FRIENDLY









Baby Cos Lettuce

Chicken Tenderloins





Savoury Seasoning

Onion Chutney





Chilli Flakes (Optional)

Bake-At-Home Ciabatta

Mustard Mayo



Cheddar Cheese



Prep in: 10-20 mins Ready in: 20-30 mins



This fully stacked sub will be devoured in a flash thanks to the moreish combo of crispy bacon, succulent chicken, sticky onion chutney and crisp salad. Pair with a corn cob bursting with sweetness for an unforgettable dinner-time delight!

**Pantry items** Olive Oil, Butter

# 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

Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
bacon	1 packet	2 packets
tomato	1	2
baby cos lettuce	½ medium head	1 medium head
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 medium sachet	2 medium sachets
onion chutney	½ medium packet	1 medium packet
corn	2 cobs	4 cobs
butter*	20g	40g
chilli flakes (optional) 🌶	pinch	pinch
bake-at-home ciabatta	2	4
mustard mayo	2 medium packets	4 medium packets
Cheddar cheese	1 medium packet	1 large packet

## \*Pantry Items

### **Nutrition**

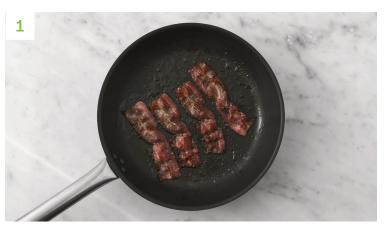
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4895kJ (1170Cal)	557kJ (133Cal)
Protein (g)	72.5g	8.2g
Fat, total (g)	47.8g	5.4g
- saturated (g)	14.6g	1.7g
Carbohydrate (g)	111.5g	12.7g
- sugars (g)	31.5g	3.6g
Sodium (mg)	2682mg	305mg

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.



#### Cook the bacon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook bacon, turning, until golden, 4-5 minutes. Transfer to a plate.
- Meanwhile, thinly slice tomato into rounds.
- Trim end of baby cos lettuce (see ingredients) and separate leaves.



#### Cook the chicken

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook chicken tenderloins and savoury seasoning, tossing to coat, until browned and cooked through, 3-4 minutes each side.
- Remove from heat, then add onion chutney (see ingredients), turning chicken to coat.



# Steam the corn

- While the chicken is cooking, transfer corn to a large microwave-safe plate.
  Cover with a damp paper towel. Microwave corn on high, until tender,
  4-5 minutes.
- Drain any excess liquid and season with salt and pepper. Spread over the butter and sprinkle with a pinch of chilli flakes (if using).



## Serve up

- Meanwhile, slice bake-at-home ciabatta in half lengthways. Toast or grill ciabatta to your liking.
- Spread the ciabatta bases with **mustard mayo**.
- Top with lettuce, tomato, bacon, **Cheddar cheese** and chicken (slice chicken if preferred).
- Serve with corn cob and any remaining mayo. Enjoy!

