



Chicken, Cheddar & Bacon Sub

with Corn Cob & Mustard Mayo

FAST & FANCY

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Bacon



Tomato



Baby Cos Lettuce



Chicken Tenderloins



Savoury Seasoning



Onion Chutney



Corn



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Mustard Mayo



Cheddar Cheese

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

Eat Me Early

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.

1



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.

2



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.

3



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).

4



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!

We're here to help!

Scan here if you have any questions or concerns



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