



Ultimate Chicken, Cheddar & Bacon Subs

with Corn Cob & Mustard Mayo

KID FRIENDLY

FAST & FANCY

Grab your meal kit with this number

45



Bacon



Tomato



Chicken Tenderloins



Savoury Seasoning



Onion Chutney



Corn



Chilli Flakes (Optional)



Bake-At-Home Ciabatta



Mustard Mayo



Mixed Salad Leaves



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
chicken tenderloins	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
onion chutney	½ packet	1 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
mixed salad leaves	1 small packet	1 medium packet
Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4891kJ (1169cal)	347kJ (83cal)
Protein (g)	72.5g	5.1g
Fat, total (g)	47.7g	3.4g
- saturated (g)	14.6g	1g
Carbohydrate (g)	111.6g	7.9g
- sugars (g)	31.5g	2.2g
Sodium (mg)	2683mg	190.5mg
Dietary Fibre (g)	19.1g	1.4g

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.

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 **butter** and sprinkle with a pinch of **chilli flakes** (if using).

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**, turning to coat.

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 **mixed salad leaves**, 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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