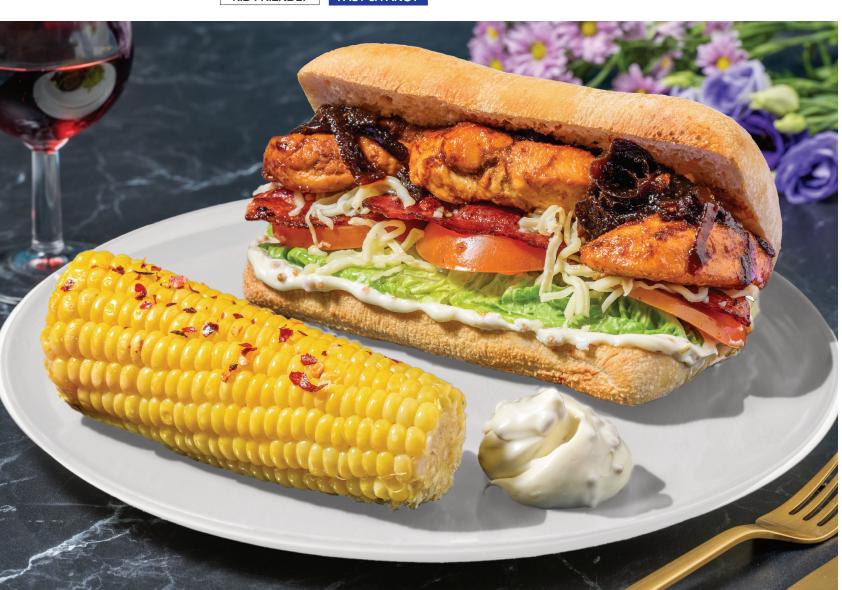


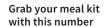
Ultimate Chicken, Cheddar & Bacon Subs

with Corn Cob & Mustard Mayo

KID FRIENDLY

FAST & FANCY















Chicken Tenderloins

Savoury Seasoning



Onion Chutney

Chilli Flakes (Optional)







Leaves

Mustard Mayo



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 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

9		
	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.



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.



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.



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).



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!



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