



Ultimate Chicken, Cheddar & Bacon Subs

with Corn Cob & Mustard Mayo

FAST & FANCY

KID FRIENDLY

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, Softened 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 medium packet | 1 medium packet |
| corn | 2 cobs | 4 cobs |
| softened 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.

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 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 **softened 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 **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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