



Cheesy American Chicken Sub with Jalapeño Slaw & Corn Chips

FRESH & FAST

Box to plate: 15 mins

Eat Me Early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4243kJ (1014Cal) | Protein 59.9g | Fat, total 36.5g - saturated 12.8g | Carbohydrate 103.6g - sugars 23.3g | Sodium 2389mg
Spicy (pickled jalapeños) | The quantities provided above are averages only.

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Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Chicken Tenderloins	1 small pkt	1 large pkt
BBQ Sauce	1 pkt (40g)	2 pkts (80g)
Shredded Cheddar Cheese	1 medium pkt	1 large pkt
Pickled Jalapeños	1 medium pkt	1 large pkt
Mustard Cider Dressing	1 pkt	2 pkts
Deluxe Slaw Mix	1 medium bag	1 large bag
Light Sour Cream	1 medium pkt	1 large pkt
Tomato Salsa	1 medium pkt	1 large pkt

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. Sizzle



Chicken Tenderloins



All-American Spice Blend



BBQ Sauce



Shredded Cheddar Cheese

2. Toss



Pickled Jalapeños



Sweetcorn



Mustard Cider Dressing



Deluxe Slaw Mix

3. Toast



Bake-At-Home Ciabatta



Corn Chips



Light Sour Cream



Tomato Salsa

- In a bowl, combine **chicken**, **spice blend** and **olive oil**. Season
- Heat **oil** in frying pan over medium-high heat
- Cook **chicken**, until browned on one side, **3 mins**
- Turn **chicken** then pour over **BBQ sauce**. Top with **cheese** and cook until cooked through, **3-4 mins**

- Roughly chop **jalapeños**. Drain **corn**
- In a large bowl, combine **jalapeños**, **corn**, **cider dressing** and **slaw mix**. Season

- Slice **ciabatta** in half. Toast or grill to your liking. Drizzle with **oil**
- Top **ciabatta** with **slaw** and **chicken**
- Serve with **corn chips**, **sour cream** and **salsa**

