



BBQ Chicken Ciabatta

with Potato Wedges and Zingy Salad



HELLO HONEY

When bees return to their hive, they do a 'waggle dance' to tell other bees where to find flowers and nectar.



Potato



Dried Thyme



Chicken Breast



BBQ Sauce



Lime



Ciabatta



Honey



Mayonnaise



Baby Leaf Mix

MEAL BAG

30 mins

Little heat

Cook within 3 Days of Delivery

With summer approaching, our minds have turned to al fresco dining. Food cooked over coals is great but there's not always time (or appropriate weather!) to barbecue. Which is why Mimi created this delicious roasted chicken sandwich. All those lovely smoky flavours, without hours spent huffing and puffing at defiantly unlit charcoal.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Trays**, two **Mixing Bowls** and a **Fine Grater**. Now, let's get cooking!



1 ROAST THE WEDGES

Preheat your oven to 220°C. Chop the **potato** into wedges about 2 cm thick (no need to peel). Place them on a lined baking tray in a single layer, drizzle over some **oil** and sprinkle on **half** the **thyme**. Season with **salt** and **pepper** and toss to coat. Roast on the top shelf of your oven until the **wedges** are crisp and golden, 25-30 mins. Turn halfway through cooking.



2 PREPARE THE CHICKEN

Place your hand flat on top of one of the **chicken breasts** and slice into it from the side so it opens like a book. You've now **butterflied** the **chicken**! Repeat for all breasts, then pop them in a bowl and add the **BBQ sauce**, and a pinch of **salt** and **pepper**. Sprinkle in the remaining **thyme**, grate over the **lime zest** and rub the flavours into the **chicken** with your hands.



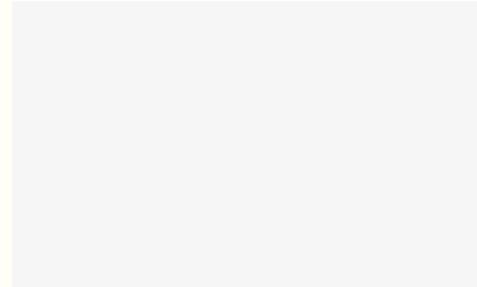
4 MIX THE SALAD DRESSING

While the chicken is cooking, cut each **ciabatta** in half as though you're making a sandwich. In the last 5 mins of **wedges** cooking time, pop the **ciabattas** in your oven to warm. Squeeze the **lime juice** into a bowl and add the **olive oil** (see ingredients for amount) and **honey**. Mix together. This is the **salad dressing**! **★ TIP:** Only dress the salad right at the last minute or the leaves will wilt.



5 ASSEMBLE

Once the **ciabattas** are warm, spread some of the **mayonnaise** onto the bottom half of each. Assemble the **sandwiches** by laying the **chicken** on top of this (drizzle over any cooking juices if you like) and adding a few **salad leaves** (only use a third). Pop on the top half of the **ciabatta**. Add the remaining **salad leaves** to the bowl of **dressing** and toss.



3 COOK THE CHICKEN

Lay the **butterflied chicken breasts** on another baking tray. Roast on the middle shelf of your oven for 15-17 mins. Don't leave any marinade behind! Spread it all onto the **chicken** before it goes in the oven.

! IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



6 SERVE

Serve your **BBQ chicken ciabattas** with **potato wedges** and some **zingy salad** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 pack	1 pack	1 pack
Dried Thyme	½ tbsp	¾ tbsp	1 tbsp
Chicken Breast	2	3	4
BBQ Sauce	1 sachet	2 sachets	2 sachets
Lime	½	¾	1
Ciabatta 13)	2	3	4
Olive Oil*	1 tbsp	2 tbsp	2 tbsp
Honey	1 sachet	1 sachet	2 sachets
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Baby Leaf Mix	1 bag	1 bag	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 503G	PER 100G
Energy (kcal)	744	148
(kJ)	3111	618
Fat (g)	20	4
Sat. Fat (g)	3	1
Carbohydrate (g)	91	18
Sugars (g)	13	3
Protein (g)	51	10
Salt (g)	1.91	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

8) Egg 9) Mustard 13) Gluten

Mayonnaise: Rapeseed Oil (75%), Free Range Pasteurised Whole **Egg** (12%), Water, Extra Virgin Olive Oil PDO (5%), Unrefined Raw Cane Sugar, Acid: Acetic Acid, Sea Salt, **Mustard** Flour.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

👍 THUMBS UP OR THUMBS DOWN?

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