



Grilled Roman-Style Chicken

with Tomato and Herb Salad

Grill

30 Minutes



Chicken Breasts



Ciabatta Roll



Basil



Red Wine Vinegar



Parmesan Cheese, shredded



Italian Seasoning



Baby Spinach



Roma Tomato



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HELLO GRILLED CIABATTA

Toasty, charred ciabatta is the perfect vessel for soaking up extra salad dressing!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 450°F over medium-high heat.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Medium bowl, measuring spoons, large bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Ciabatta Roll	1	2
Basil	7 g	14 g
Red Wine Vinegar	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Roma Tomato	80 g	160 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Prep

- Halve **ciabatta**.
- Pat **chicken** dry with paper towels.
- Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end.
- Open up **chicken** like a book and season with **salt** and **pepper**.
- Toss together **chicken, Italian Seasoning** and **1 tbsp** (2 tbsp) **oil** in a medium bowl.



4 Grill chicken

- While **ciabatta** cools, add **chicken** to the grill. Reduce heat to medium.
- Close lid and grill, flipping once, until **chicken** is cooked through, 5-7 min per side.**



2 Marinate tomatoes

- Cut **tomato** into ½-inch pieces.
- Add **vinegar**, ¼ **tsp** (½ **tsp**) **sugar** and **2 tbsp** (4 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.
- Add **tomatoes**, then toss coat.



5 Finish and serve

- Tear **grilled ciabatta** into medium-sized pieces.
- Add **spinach** and **ciabatta** to the bowl with **tomatoes**. Toss to combine.
- Thinly slice **chicken**.
- Divide **salad** between plates, then top with **chicken**.
- Sprinkle with **Parmesan**.
- Tear **basil** over top.



3 Grill ciabatta

- Add **ciabatta** to one side of the grill. Close lid and grill, flipping once, until grill marks form, 2-3 min per side. Transfer to a cutting board to cool.

Dinner Solved!