



Summery Chicken and Tomato Jam Bistro Sandwiches

with Roasted Parmesan Broccolini

Farmer's Market

Spicy

30 Minutes



Chicken Breasts •
2 | 4



Tomato
3 | 6



Baby Heirloom
Tomatoes
113 g | 227 g



Brown Sugar
2 tbsp | 4 tbsp



Broccolini
170 g | 340 g



Parmesan
Cheese, shredded
¼ cup | ½ cup



Bocconcini
Cheese
100 g | 200 g



Arugula and
Spinach Mix
28 g | 56 g



Chili Flakes
1 tsp | 2 tsp



White Wine
Vinegar
1 tbsp | 2 tbsp



Garlic Spread
4 tbsp | 8 tbsp



Garlic Salt
1 tsp | 2 tsp



Sandwich Bun
2 | 4

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.

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Ingredient quantities 56 g | 113 g
2 person 4 person

1



Make tomato jam

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

- Halve **large tomatoes**. Scoop out seeds and discard. Cut into ¼-inch pieces. Add **chopped tomatoes** and **brown sugar** to a medium pot.
- Heat over medium-high heat. When boiling, reduce to medium. Cook, stirring occasionally, until mixture starts to become saucy, 10-12 min.
- Stir in **vinegar**. Cook, stirring often, until **jam** thickens, 1-2 min.
- Remove from heat, then season with **salt**.

4



Cook veggies

- Add **broccolini** and ¼ **cup water** to the same pan over medium-high. (**NOTE:** Don't overcrowd the pan; cook in 2 batches for 4 ppl, using ¼ cup water per batch.) Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add **remaining garlic spread** and ¼ **tsp** (½ **tsp**) **chili flakes**, if desired. Cook, stirring often, until **garlic spread** coats **broccolini**, 1 min.
- Season with ¼ **tsp** (½ **tsp**) **garlic salt** and **pepper**.

2



Prep and cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
- Season with ½ **tsp** (1 **tsp**) **garlic salt**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add 1 **tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed.) Cook until golden-brown and cooked through, 5-7 min per side.**
- Transfer to a plate and cover to keep warm.

5



Finish veggies and toast buns

- Meanwhile, arrange **buns** on an unlined baking sheet, cut-sides up.
- Broil in the **middle** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!) Transfer to a clean surface.
- Once **buns** are toasted, arrange **broccolini** in a single layer on the same unlined baking sheet. Sprinkle **Parmesan** over top, then top with **baby tomatoes**.
- Broil, in the **middle** of the oven, until **Parmesan** melts and **tomatoes** blister, 4-5 min.

3



Prep

- Meanwhile, trim ends off of **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Prick **baby tomatoes** with a fork. Add **baby tomatoes** and ½ **tbsp** (1 **tbsp**) **oil** to a small bowl. Season with **salt** and **pepper**, then toss to combine.
- Tear or cut **bocconcini** into ½-inch pieces. Season with ¼ **tsp** (½ **tsp**) **garlic salt** and **pepper**.
- Halve **buns**, then spread **half the garlic spread** over cut sides.

6



Finish and serve

- Season **arugula and spinach mix** with a bit of **oil**, **salt** and **pepper**.
- Divide **chicken** between **buns**.
- Top with **tomato jam**, then **bocconcini** and **arugula and spinach mix**.
- Divide **sandwiches** and **veggies** between plates.

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

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