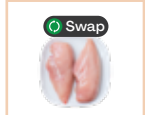




Messy BBQ-Spiced Chicken Sammies

with Pickles and Mustard Mayo

Family Friendly 30 - 40 Minutes



Chicken Breasts
2 | 4

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breast Tenders
310 g | 620 g



Artisan Bun
2 | 4



Cheddar Cheese, shredded
1/4 cup | 1/2 cup



Dill Pickle, sliced
90 ml | 90 ml



Mayonnaise
2 tbsp | 4 tbsp



Dijon Mustard
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Spring Mix
56 g | 113 g



Mini Cucumber
1 | 2



Garlic Spread
2 tbsp | 4 tbsp

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.

Pantry items | Salt, pepper, oil, sugar

Cooking utensils | Baking sheet, 2 large bowls, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl, whisk

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

[Swap](#) | [Chicken Breasts](#)

- Add **mayo**, **Dijon** and **half the vinegar** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.
- Pat **chicken** dry with paper towels.
- Add **chicken**, **BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Stir to coat.

2



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**.
- Cook, turning pieces over occasionally, until cooked through, 5-6 min. **** (TIP: Don't overcrowd the pan; cook in 2 batches if needed.)**

3



Marinate cucumbers

- Thinly slice **cucumber** into ¼-inch rounds.
- Whisk together **1 tbsp** (2 tbsp) **oil**, **¼ tsp** (½ tsp) **sugar** and **remaining vinegar** in a large bowl.
- Add **cucumber**, season with **salt** and **pepper**, then toss to coat. Set aside.

4



Toast buns

- Halve **buns**, then spread **½ tbsp garlic spread** on each half.
- Arrange on a parchment-lined baking sheet, cut-side up.
- Sprinkle **cheese** over **top buns**.
- Toast in **middle** of the oven, until **cheese** is melted and **buns** are golden-brown, 3-4 min.

5



Finish and serve

- Spread **½ tbsp** (1 tbsp) **mustard-mayo** over **bottom buns**, then stack with **some spring mix**, **chicken** and **pickles**. Close with **top buns**.
- Add **remaining spring mix** to the large bowl with the **cucumbers**. Toss to combine.
- Divide **sammies** and **cucumber salad** between plates.
- Serve **remaining mustard-mayo** on the side for dipping.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep

[Swap](#) | [Chicken Breasts](#)

If you've opted to get **chicken breasts**, season them in the same way the recipe instructs you to season the **chicken tenders**. Increase pan-frying time to 6-7 min per side.

♦ 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.