



Zesty Garlic Chicken Sandwiches

with Basil Pesto Mayo and Salad

Family Friendly

20-30 Minutes

Swap

Swap

Add



Chicken Breasts
2 | 4

Protein Shreds
200 g | 400 g

Bacon Strips
100 g | 200 g

Customized Protein

Add

Swap

or

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](https://www.hellofresh.ca)



Chicken Breast Tenders
310 g | 620 g



Sandwich Bun
2 | 4



Tomato
1 | 2



Spring Mix
56 g | 113 g



Basil Pesto
1/4 cup | 1/2 cup



Mayonnaise
4 tbsp | 8 tbsp



Zesty Garlic Blend
1 tbsp | 2 tbsp



White Wine Vinegar
1/2 tbsp | 1 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 | Sugar, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring spoons, paper towels, parchment paper, small bowl, whisk

1



Roast chicken

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Protein Shreds**

- Pat **chicken** dry with paper towels.
- On a parchment-lined baking sheet, arrange **chicken** in a single layer. Season all over with **Zesty Garlic Blend**, **salt** and **pepper**.
- Roast in the **middle** of the oven for 14-16 min, until cooked through.**

4



Toast buns

- Arrange **buns** directly on the **top** rack of the oven, cut-side up. Toast for 3-4 min, until browned. (**TIP:** Keep an eye on them so they don't burn!)

2



Prep tomatoes

+ Add | **Bacon Strips**

- Meanwhile, cut **half the tomato** into ¼-inch rounds. Cut the **remaining tomato** into ¼-inch pieces.

3



Make dressing and pesto mayo

- To a large bowl, add **half the vinegar** (use all for 4 servings), ¼ **tsp** (½ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **pesto**. Season with **salt** and **pepper**, then whisk to combine. (**NOTE:** This is your salad dressing.)
- In a small bowl, combine **remaining pesto** and **mayo**. Season with **salt** and **pepper**. (**NOTE:** This is your basil pesto mayo.)

5



Make salad

- To the bowl with **dressing**, add **diced tomatoes** and **spring mix**. Toss to combine.

6



Finish and serve

🔄 Swap | **Protein Shreds**

+ Add | **Bacon Strips**

- Spread **basil pesto mayo** over **top** and **bottom buns**. (**TIP:** Add some salad to the sandwiches, if you like!) Stack **chicken** and **tomato slices** on **bottom buns**. Close with **top buns**.
- Divide **salad** and **sandwiches** between plates.

Measurements within steps

1 **tbsp** (2 **tbsp**) **oil**

2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Roast chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, pat dry with paper towels and cut into 1-inch wide strips. Season and cook in the same way the recipe instructs you to season and cook **chicken breast tenders**.

1 | Cook protein shreds

🔄 Swap | **Protein Shreds**

If you've opted to get **protein shreds**, heat a large non-stick pan over medium-high. Add ½ **tbsp** (1 **tbsp**) **oil**, then protein shreds. Cook for 6-8 min, flipping once or twice, until cooked through.** Remove from heat. Season **protein shreds** with **Zesty Garlic Blend**, **salt** and **pepper**. Toss to coat.

2 | Prep tomatoes and cook bacon

+ Add | **Bacon Strips**

If you've opted to add **bacon**, heat a large non-stick pan over medium. When hot, add **bacon**. Cook for 5-7 min, flipping occasionally, until crispy.** Remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside.

6 | Finish and serve

🔄 Swap | **Protein Shreds**

Stack **protein shreds** on **bottom buns**.

6 | Finish and serve

+ Add | **Bacon**

Top **sandwiches** with **bacon** when you assemble them.

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

** Cook chicken and protein shreds to a minimum internal temperature of 165°F, and bacon to a minimum internal temperature of 160°F.