

Chicken Lettuce Tomato Sammies

with Garlic Dipper and Roasted Sweet Potatoes

Family Friendly 20-30 Minutes



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Chicken Breasts







Baby Spinach

Mayonnaise



Lemon-Pepper Seasoning





Sweet Potato



Garlic Puree



HELLO LEMON-PEPPER SEASONING

Start here

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

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Garlic Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp) • Extra: ½ tsp (1 tsp)

Bust out

Baking sheet, measuring spoons, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Thighs *	280 g	560 g
Tomato	1	2
Baby Spinach	28 g	56 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Sweet Potato	2	4
Artisan Bun	2	4
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Calt*		

- * 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

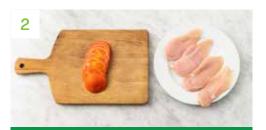
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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



Roast sweet potatoes

- Cut sweet potatoes into ½-inch wedges.
- Add sweet potatoes, 1 tbsp (2 tbsp) oil and half the Lemon-Pepper Seasoning to a parchment-lined baking sheet. Season with salt, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 22-24 min.



Prep

- Meanwhile, cut **tomato** into 1/4-inch rounds.
- Pat chicken dry with paper towels. Carefully slice each chicken breast in half, parallel to the cutting board. Cut straight through to the other end. (NOTE: You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
- Sprinkle with remaining Lemon-Pepper Seasoning and season with salt.

If you've opted to get chicken thighs, prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken breasts.**



Cook chicken

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp oil, then chicken. (NOTE: Don't overcrowd the pan! Cook in batches for 4 ppl, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown and cooked through, 3-4 min per side.**
- Transfer to a plate. Set aside.



Make garlic dipper

· Meanwhile, whisk together mayo and 1/8 tsp (1/4 tsp) garlic puree in a small bowl. (NOTE: Reference garlic guide.)



Toast buns

- Halve buns.
- Arrange buns on an unlined baking sheet, cut-side up.
- Toast in the top of the oven until goldenbrown, 4-5 min. (TIP: Keep your eye on buns so they don't burn!)



Finish and serve

- Spread half the garlic dipper on bottom buns. Stack with lemon-pepper chicken, tomatoes and some spinach. Close with top buns.
- Divide sammies and sweet potatoes between plates.
- Serve **remaining garlic dipper** on the side.



