



# Chicken Lettuce Tomato Sammies

with Garlic Dipper and Roasted Sweet Potatoes

Family Friendly 20-30 Minutes



Issue with your meal?  
Scan the QR code to  
share your feedback.



Chicken Breasts



Chicken Thighs



Tomato



Baby Spinach



Lemon-Pepper  
Seasoning



Mayonnaise



Sweet Potato



Artisan Bun



Garlic Puree

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO LEMON-PEPPER SEASONING

*A peppery spice blend with zippy lemon and zesty garlic!*

## Start here

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

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

### Garlic Guide for Step 4:

- Mild: ¼ tsp (¼ tsp)
- Medium: ½ tsp (½ tsp)
- Extra: ¾ 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*		
Salt*		

\* 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.*



Issue with your meal?  
Scan the QR code to  
share your feedback.



### 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 golden-brown, 22-24 min.



### Make garlic dipper

- Meanwhile, whisk together **mayo** and ⅓ **tsp** (¼ tsp) **garlic puree** in a small bowl. (**NOTE:** Reference garlic guide.)



### Prep

- Meanwhile, cut **tomato** into ¼-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**\*\*



### Toast buns

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



### Cook chicken

- 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 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.



### 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.

Dinner Solved!