



Messy BBQ-Spiced Chicken Sammies

with Pickles and Mustard Mayo

Family Friendly 25-35 Minutes

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)



↻ Swap	↻ Swap
Chicken Breasts 2 4	Tofu 1 2

Chicken Breast Tenders 310 g 620 g	Artisan Bun 2 4

Cheddar Cheese, shredded ¼ cup ½ cup	Dill Pickle, sliced 90 ml 90 ml

Mayonnaise 2 tbsp 4 tbsp	Dijon Mustard 1 tbsp 2 tbsp

Yellow Potato 350 g 700 g	White Wine Vinegar ½ tbsp 1 tbsp

BBQ Seasoning 1 tbsp 2 tbsp	Spring Mix 28 g 56 g

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 | Unsalted butter, oil, salt, pepper

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

1



Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until tender and golden-brown, 22-25 min.

4



Toast buns

- Halve **buns**, then spread ½ **tbsp butter** on **each half**.
- Arrange on another 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.

2



Prep

Swap | **Chicken Breast**

Swap | **Tofu**

- Meanwhile, add **mayo**, **Dijon** and **half the vinegar** (all for 4 ppl) 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.

3



Cook chicken

Swap | **Tofu**

- 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!)**

5



Finish and serve

Swap | **Tofu**

- Spread ½ **tbsp** (1 tbsp) **mustard mayo** over **bottom buns**, then stack with **spring mix**, **chicken** and **pickles**. Close with **top buns**.
- Divide **sammies** and **potato wedges** between plates.
- Serve **remaining mustard mayo** on the side for dipping.

Measurements
within steps

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

2 | Prep

Swap | **Chicken Breast**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.******

2 | Prep

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. **(NOTE: You will have two square tofu steaks per block.)** Season **tofu** in the same way the recipe instructs you to season the **chicken tenders**.

3 | Cook tofu

Swap | **Tofu**

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **tofu**. Pan fry until golden, 2-3 min per side.

5 | Finish and serve

Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken tenders**.

* 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.



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