



BBQ Chicken Sarnie

with Dressed Baby Gem and Sweet Potato Fries

RAPID 20 Minutes

N° 14



Sweet Potato Fries



Diced Chicken Thigh



Baby Gem Lettuce



Brioche Bun



Mayonnaise



Grated Italian Style Hard Cheese



BBQ Sauce



Cider Vinegar

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Diced Chicken Thigh**	210g	350g	420g
Baby Gem Lettuce**	1	2	2
Brioche Bun 7) 8) 11) 13)	2	3	4
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs
Olive Oil for the Mayo Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Water for the Chicken*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	435g	100g
Energy (kJ/kcal)	3368 / 805	775 / 185
Fat (g)	39	9
Sat. Fat (g)	13	3
Carbohydrate (g)	80	18
Sugars (g)	15	3
Protein (g)	37	8
Salt (g)	1.39	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8)** Egg **9)** Mustard **11)** Soya **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.
Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Bake the Fries

- Preheat your oven to 210°C.
- Pop the **sweet potato** fries on a baking tray and drizzle with **oil**.
- Season with **salt** and **pepper**, toss to coat.
- Bake on the top shelf of your oven until cooked, 18-20 mins.



4. Prep the Salad

- Meanwhile, put the **mayonnaise** and half the **hard Italian style cheese** in a bowl, add the **olive oil** (see ingredients for amount) and **water** (see ingredients for amount).
- Season with **salt** and **pepper** and mix together vigorously with a fork until combined.
- Add the whole **baby gem leaves** to the bowl, but don't toss together, we'll do that later.



2. Fry the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat.
- Once hot, add the **chicken** and season with **salt** and **pepper**.
- Fry the **chicken** until golden brown on each side and cooked through, 8-10 mins. Turn the **chicken** every few minutes. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



5. Finish the Chicken

- Once the **chicken** is cooked, reduced the heat to medium. Add the **bbq sauce** and **vinegar** to the pan along with the **water** (see ingredient list for amount).
- Stir everything together, then season with **salt** and **pepper**. Simmer until the mixture is thick, 2-3 mins. Remove from the heat.
- Meanwhile, pop the **buns** in the oven to warm for 2 mins.
- Once cooked, taste the **sauce** and add more **salt** and **pepper** if you feel it needs it.



3. Get Prepped

- Trim the root from the **baby gem lettuce** then separate the leaves.
- Thinly slice **one leaf** per person (this is to go in the bun later on).
- Halve the **brioche bun** down the middle (but not the whole way through).



6. Finish and Serve

- Pop the sliced **baby gem lettuce** into the bottom of the **buns**.
- Spoon the **chicken** on top and finish with the remaining **grated hard cheese**.
- Toss the **baby gem salad** with the **dressing** and serve on the side along with the **fries**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.