



Saucy BBQ Chicken Sandwich

with Cheddar

SERVES
2



Eat Me Early

Grab your Kit

First up!

Wash your hands and any fresh foods before you start.

Ingredients	2 people
Olive Oil*	Refer to method
Chicken Breast	1 small packet
Sweetcorn	1 tin (125g)
BBQ Sauce	1 packet
Mayonnaise	1 medium packet
Shredded Cheddar Cheese	1 large packet
Mixed Salad Leaves	1 small bag
Sliced Sourdough	4 slices

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	2793kJ (668Cal)	730kJ (174Cal)
Protein (g)	50.5g	13.2g
Fat, total (g)	31.7g	8.3g
- saturated (g)	11.3g	3g
Carbohydrate (g)	42.8g	11.2g
- sugars (g)	11.3g	3g
Sodium (g)	1222mg	319mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Cook the chicken

Slice **chicken breast** into thin strips. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, tossing occasionally, until browned and cooked through (no longer pink inside), **3-4 mins**. Cool slightly, then shred **chicken** with 2 forks.

2. Make the filling

Drain **sweetcorn**. In a medium bowl, combine **corn**, **shredded chicken**, **BBQ sauce**, **mayonnaise** and **shredded Cheddar cheese**. Season with **salt** and **pepper**.

3. Serve up

Build your sandwiches by layering **mixed salad leaves** and chicken filling on **sliced sourdough**. Wrap in plastic wrap or foil. Refrigerate until ready to serve.

We're here to help!

If you have any questions or concerns, please contact us at [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)



SFO



ON THE MENU

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Treat yourself

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Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

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