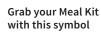


Quick Peri Peri Chicken & Cheese Sandwich

with Salt & Vinegar Fries

TAKEAWAY FAVES











Tomato







Mayonnaise

Mixed Salad Leaves



Crumbed Chicken Breast Strips

Olive Oil, White Wine Vinegar, Honey

Grated Parmesan Cheese



Prep in: 15-25 mins Ready in: 25-35 mins

11 Eat Me Early The craving for a good sandwich has been here for a while now, but the wait is over! Sink your teeth into a Parmesan crumbed chicken sandwich, slathered in a peri peri mayo on the base and fresh salad extras on the top. Enjoy it with a side of salted fries drizzled in the right amount of vinegar to fit your tastes.

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Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
white wine vinegar*	1 tsp	2 tsp
crumbed chicken breast strips	1 packet	1 packet
wholemeal panini	2	4
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
tomato	1	2
peri peri sauce	1 packet (50g)	1 packet (100g)
mayonnaise	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
*		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3502kJ (837Cal)	585kJ (140Cal)
Protein (g)	50.8g	8.5g
Fat, total (g)	22.6g	3.8g
- saturated (g)	5.2g	0.9g
Carbohydrate (g)	103.2g	17.2g
- sugars (g)	15.8g	2.6g
Sodium (mg)	1533mg	256mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



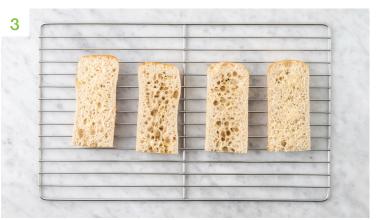
Bake the fries

- Preheat oven to 240°C/220°C fan-forced. Cut potato into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.
- When the fries are done, add the white wine vinegar and a pinch of salt, tossing to coat.



Cook the crumbed chicken

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat base of pan.
- Cook crumbed chicken breast strips until golden and cooked through,
 3-4 minutes each side. Transfer to a paper towel-lined plate. Season with salt and pepper.





Toast the bread

- Meanwhile, halve **wholemeal panini**, sprinkle with **grated Parmesan cheese** on the top half.
- Place **panini** directly on wire racks in the oven and cook until heated through, **3-4 minutes**.
- Meanwhile, thinly slice tomato.
- In a small bowl, combine **peri peri sauce**, **mayonnaise** and the **honey**.

Serve up

- Spread base of panini with some peri peri mayo.
- Top with crumbed chicken, tomato and **mixed salad leaves**.
- Serve with salt and vinegar fries and remaining peri peri mayo. Enjoy!



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