



Quick Peri Peri Chicken & Cheese Sandwich

with Salt & Vinegar Fries

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Potato



Wholemeal Panini



Tomato



Peri Peri Sauce



Mayonnaise



Mixed Salad Leaves



Crumbed Chicken Breast Strips



Grated Parmesan Cheese

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

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.

Pantry items

Olive Oil, White Wine Vinegar, Honey

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 · Large frying pan

Ingredients

	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.

1



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.

3



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**.

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns
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