



Chicken Lettuce Tomato Sammies

with Garlic Dipper and Roasted Sweet Potatoes

Family Friendly

Quick

20-30 Minutes



Chicken Breasts



Roma Tomato



Baby Spinach



Lemon-Pepper Seasoning



Mayonnaise



Sweet Potato



Artisan Bun



Garlic Puree

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Roma Tomato	80 g	160 g
Baby Spinach	28 g	56 g
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Sweet Potato	340 g	680 g
Artisan Bun	2	4
Garlic Puree	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

Contact

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1 Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes**, **1 tbsp oil** (dbl for 4 ppl) and **half the Lemon-Pepper Seasoning** to a parchment-lined baking sheet. Season with **salt**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min.



4 Make garlic dipper

- Meanwhile, whisk together **mayo** and **⅛ tsp garlic puree** in a small bowl. (**NOTE:** Reference garlic guide.)



2 Prep

- Meanwhile, cut **tomato** into ¼-inch rounds.
- Pat **chicken** dry with paper towels. Carefully slice **each chicken breast** in half, parallel to the cutting board. Cut straight through to the other end. (**NOTE:** You will have 4 pieces of chicken for 2 ppl and 8 pieces for 4 ppl.)
- Sprinkle with **remaining Lemon-Pepper Seasoning** and season with **salt**.



5 Toast buns

- Halve **buns**.
- Arrange **buns** on an unlined baking sheet, cut-side up.
- Toast in the **top** of the oven until golden-brown, 4-5 min. (**TIP:** Keep your eye on buns so they don't burn!)



3 Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan! Cook in batches for 4 ppl, using 1 tbsp oil per batch.)
- Pan-fry until golden-brown and cooked through, 3-4 min per side.**
- Transfer to a plate. Set aside.



6 Finish and serve

- Spread **half the garlic dipper** on **bottom buns**. Stack with **lemon-pepper chicken**, **tomatoes** and **some spinach**. Close with **top buns**.
- Divide **sammies** and **sweet potatoes** between plates.
- Serve **remaining garlic dipper** on the side.

Dinner Solved!