



Grilled Roman-Style Chicken

with Tomato and Herb Salad

Grill

30 Minutes



Chicken Breasts



Ciabatta Roll



Baby Heirloom Tomatoes



Basil



Balsamic Glaze



Parmesan Cheese, shredded



Italian Seasoning



Baby Spinach

HELLO GRILLED CIABATTA

Toasty charred ciabatta is the perfect vessel to soak up extra salad dressing!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 450°F over medium-high heat.

Bust out

2 Medium bowls, measuring spoons, aluminum foil, large bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Ciabatta Roll	1	2
Baby Heirloom Tomatoes	227 g	454 g
Basil	7 g	14 g
Balsamic Glaze	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
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



Prep

Halve **ciabatta**. Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book and season with **salt and pepper**. Toss together **chicken, Italian seasoning** and **1 tbsp oil** (dbl for 4 ppl) in a medium bowl.

2



Make dressing

Add **balsamic glaze** and **2 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt and pepper**, then whisk to combine. Set aside.

3



Grill tomatoes

Add **tomatoes** and **½ tbsp oil** (dbl for 4 ppl) to another medium bowl. Season with **pepper**, then stir to combine. Arrange **tomatoes** on one side of an 18x12-inch piece of foil. (**NOTE:** For 4 ppl, make 2 pouches, using 2 sheets of foil per pouch.) Fold foil in half over **tomatoes** and pinch edges to seal pouch. Place pouch on one side of the grill. Close lid and grill until tender, 5-6 min. Transfer **tomatoes** to the bowl with **dressing** and toss to coat. Set aside.

4



Grill ciabatta

Meanwhile, add **ciabatta** to the other side of the grill. Close lid and grill, flipping once, until grill marks form, 2-3 min per side. Transfer to a cutting board to cool.

5



Grill chicken

While **ciabatta** cools, add **chicken** to the other side of the grill. Reduce heat to medium. Close lid and grill, flipping once, until **chicken** is cooked through, 5-7 min per side.**

6



Finish and serve

Tear **grilled ciabatta** into medium-sized pieces. Add **spinach** and **ciabatta** to the bowl with **tomatoes**. Toss to combine. Thinly slice **chicken**. Divide **salad** between plates, then top with **chicken**. Sprinkle with **Parmesan**. Tear **basil** over top.

Dinner Solved!