

# Crumbed Chicken & Bacon Jam Sambo

with Cos Salad & Parmesan

FAST & FANCY

Grab your meal kit with this number

37



Tomato



Cos Lettuce



Avocado



Lemon



Nan's Special Seasoning



Panko Breadcrumbs



Chicken Breast Strips



Diced Bacon



Onion Chutney



Sourdough Loaf



Dijon Mustard



Garlic Aioli



Shredded Cheddar Cheese



Grated Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 20-30 mins

 Eat Me Early

A gourmet sandwich combo is the perfect solution for when you want something special but you're short on time. This one might be our new favourite; golden crumbed chicken, a creamy dressed salad, sharp cheddar and a glorious onion and bacon jam are all nestled between two slices of crunchy and soft sourdough. Go on, take a bite!

### Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
cos lettuce	1 head	2 heads
avocado	1 small	1 large
lemon	½	1
<b>plain flour*</b>	2 tbs	¼ cup
Nan's special seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	2 medium packets OR 1 large packet
onion chutney	1 medium packet	1 large packet
<b>white wine vinegar*</b>	1 tsp	2 tsp
sourdough loaf	1	2
dijon mustard	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4878kJ (1166cal)	349kJ (83cal)
Protein (g)	68.3g	4.9g
Fat, total (g)	62.3g	4.5g
- saturated (g)	17.5g	1.3g
Carbohydrate (g)	79g	5.6g
- sugars (g)	14.4g	1g
Sodium (mg)	2220mg	158.7mg
Dietary Fibre (g)	9.6g	0.7g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Get prepped

- Slice **tomato** into rounds. Finely shred **cos lettuce**. Slice **avocado** in half, scoop out flesh and thinly slice. Slice **lemon** into wedges.
- In a shallow bowl, combine the **plain flour**, **Nan's special seasoning** and a pinch of **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Coat **chicken breast strips** in **flour mixture**, followed by the **egg**, and finally the **breadcrumbs**. Transfer to a plate.



## Cook the crumbed chicken

- Wipe out and return frying pan to medium heat with enough **olive oil** to coat base of pan. When oil is hot, cook **crumbed chicken breast strips** until golden and cooked through, **3-4 minutes** each side. Transfer to a paper towel-lined plate and season.
- Meanwhile, slice the **sourdough loaf** into 4 slices. Toast or grill **sourdough** to your liking.
- In a large bowl, combine **cos lettuce**, **avocado**, **dijon mustard**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## Make the bacon jam

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon**, breaking up with a spoon, until starting to brown, **4-6 minutes**.
- Add **onion chutney**, the **white wine vinegar** and a splash of **water**, stirring to combine. Cook until slightly reduced, **1-2 minutes**. Transfer to a bowl and set aside.



## Serve up

- Spread **garlic aioli** over sourdough slices. Top with some **shredded Cheddar cheese**, crumbed chicken, bacon jam, tomato and some cos salad.
- Divide crumbed chicken and bacon jam sambos between plates.
- Serve with remaining cos salad and any remaining lemon wedges.
- Sprinkle **grated Parmesan cheese** over cos salad to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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