

Hot Honey Chicken Sandwich

with Lettuce & Pickled Cucumber

Grab your meal kit
with this number

9



Cucumber



Cos Lettuce



Chicken Breast



All-American
Spice Blend



Cornflour



Chilli Flakes
(Optional)



Wholemeal Panini



Garlic Aioli

Prep in: 20 mins
Ready in: 25 mins

 Eat Me Early

Here's a lunch that'll fill you with energy and satiate your cravings! This sandwich is packed with flavourful chicken, crunchy salad and creamy aioli. If that wasn't enticing enough, the crowning glory to this meal is the homemade hot honey, adding the perfect hit of sweet and spicy.

Pantry items

Olive Oil, White Wine Vinegar, Plain Flour, Honey

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.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
cucumber	1 (medium)
white wine vinegar*	¼ cup
cos lettuce	½ head
chicken breast	1 medium packet
All-American spice blend	1 medium sachet
cornflour	1 medium sachet
plain flour*	2 tbs
chilli flakes 🌶️ (optional)	pinch
honey*	2 tbs
wholemeal panini	2
garlic aioli	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (729Cal)	638kJ (152Cal)
Protein (g)	51.2g	10.7g
Fat, total (g)	27.1g	5.7g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	66.9g	14g
- sugars (g)	11.3g	2.4g
Sodium (mg)	1263mg	264mg
Dietary Fibre (g)	8.9g	1.9g

The quantities provided above are averages only.

Allergens

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

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

1



Pickle the cucumber

- Using a vegetable peeler, peel **cucumber** into ribbons. In a medium bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough water to just cover **cucumber**. Set aside.

3



Cook the chicken & make the hot honey

- To the bowl with the **chicken**, add **cornflour** and the **plain flour**. Toss to combine.
- Heat a large frying pan over medium-high heat with enough **olive oil** to cover the base.
- When oil is hot, dust off any excess **flour** from **chicken**, and cook until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).
- Meanwhile, to a small microwave-safe bowl, add **chilli flakes** (if using), the **honey** and 1 tsp of the **pickling liquid**. Microwave in **10 second** bursts, until warmed through.

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

TIP: Reserve some chilli flakes for garnish!

2



Get prepped

- Meanwhile, finely shred **cos lettuce** (see ingredients).
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken**, **All-American spice blend** and a drizzle of **olive oil**. Set aside.

4



Serve up

- Cut **wholemeal panini** in half lengthways. Toast or grill to your liking.
- Drain cucumber, reserving a splash of pickling liquid. In a large bowl, combine cos lettuce, the reserved pickling liquid and a drizzle of **olive oil**. Season to taste.
- Spread toasted panini bases with **garlic aioli**. Top with pickled cucumber, cos lettuce, chicken and any remaining chilli flakes. Drizzle over some hot honey. Serve with any remaining pickled cucumber and cos lettuce. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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