

Grilled Chicken & Herby Garlic Bread

with Cucumber Salad & Garlic Aioli

GOOD TO BBQ

NEW

Grab your meal kit with this number

13



Cucumber



Radish



Garlic



Parsley



Chicken Breast



All-American Spice Blend



Ciabatta



Chilli Flakes (Optional)



Baby Leaves



Garlic Aioli



Chicken Breast



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

Tonight, we're firing up the barbie for juicy grilled chicken, perfectly charred and full of smokey flavour! Paired with warm, herby garlic bread, a crisp cucumber salad and a side of creamy garlic aioli, this BBQ feast is sure to satisfy your summer cravings.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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

BBQ or large frying pan and wire oven rack

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
radish	1	2
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
ciabatta	1	2
butter*	30g	60g
chilli flakes (optional)	pinch	pinch
baby leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1470kJ (476cal)	476kJ (154cal)
Protein (g)	37.2g	12g
Fat, total (g)	19.1g	6.2g
- saturated (g)	2.6g	0.8g
Carbohydrate (g)	8.4g	2.7g
- sugars (g)	5.4g	1.7g
Sodium (mg)	921mg	298.1mg
Dietary Fibre (g)	3.1g	1g

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.



Get prepped

- Preheat BBQ to high heat.
- Slice **cucumber** into half-moons.
- Thinly slice **radish**.
- Finely chop **garlic** and **parsley**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken breast**, **All-American spice blend** and a drizzle of **olive oil**. Set aside.



Grill the garlic bread

- Meanwhile, place wrapped **garlic bread** on the BBQ and grill, turning halfway, until toasted and warmed through, **6-8 minutes**.

No BBQ? Preheat oven to 240°C/220°C fan-forced. Place wrapped ciabatta directly on a wire rack in the oven and bake until heated through, 8-10 minutes.



Prep the garlic bread

- Cut **ciabatta** into thick slices, without cutting all the way through.
- Place **garlic**, **parsley**, the **butter**, a pinch of **chilli flakes** (if using) and a pinch of **salt** in a small bowl, then microwave in **10 seconds** bursts until melted.
- Spoon the **garlic butter** in between each slice of **ciabatta**, then wrap in foil.



Toss the salad

- In a large bowl, combine **cucumber**, **radish**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Cook the chicken

- When the BBQ is hot, add **chicken** to BBQ grill plate and cook, turning occasionally, until charred and cooked through (when no longer pink inside), **6-8 minutes**. Transfer to a plate.

No BBQ? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).



Serve up

- Slice chicken.
- Divide grilled chicken, herby garlic bread and cucumber salad between plates.
- Serve with **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over cucumber salad before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

