



NUTRITION per serving 98g carbohydrates 35g fat 61g protein 2381mg sodium | shellfish-free, nut-free



Calories
953



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

BBQ Chicken Panini with Cheddar Cheese and macaroni salad

IN YOUR BOX

- 1 Yellow Onion
- 1 Celery Stalk
- 2 Mini Baguettes
- 2 Boneless Skinless Chicken Breasts
- 3 oz. Elbow Macaroni
- ½ oz. Mayonnaise
- 1 Tbsp. Vegetable Seasoning Blend
- 3 oz. BBQ Sauce
- 2 ¼ oz. Cheddar Cheese Slices
- 1 ½ oz. Shredded Red Cabbage

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Pot
- Baking Sheet
- Colander
- Mixing Bowl
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Watch **onions** closely and stir as directed to prevent scorching them.
- Using a heavy pan to press **panini** helps them toast evenly and melt **cheese**.

FROM THE CHEF

Don't care to press the panini? No problem: just warm them in the oven on a baking sheet for 3-5 minutes, or until cheese melts. Enjoy!

Did you know...

Making a "trench" in baguette allows more room for fillings and makes panini easier to eat as well.



1

Prepare the Ingredients

Halve and peel **onion**. Slice halves into thin strips. Trim and cut **celery** into ¼" dice. Halve **baguettes** lengthwise. Use your fingers to hollow out baguettes slightly to make a ¼" deep trench. Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



4

Caramelize the Onions

Return pan used to sear chicken to high heat. Add 2 tsp. **olive oil** and **onions** to hot pan. Season with ½ tsp. **salt** and ¼ tsp. **pepper**. Cook, stirring constantly, 3 minutes. Reduce heat to medium and cook, stirring occasionally, until onions are golden brown and tender, 6-9 minutes. Transfer onions to a plate, wipe pan clean, and return to medium heat.



2

Make the Pasta Salad

Add **macaroni** to boiling water and cook until tender, 7-9 minutes. Drain in colander and run cold water over pasta until cool. Shake colander to remove as much water as possible, then transfer pasta to a medium mixing bowl. Add **mayonnaise**, **seasoning blend**, **celery**, and ¼ tsp. **pepper** to bowl and toss to combine. Refrigerate pasta salad until plating. While pasta boils, cook chicken.



5

Assemble and Press Panini

Brush **baguette** insides with **BBQ sauce**. Assemble panini in this order: bottom half of roll, **onions**, **chicken**, **cheese** (halve to fit roll), **red cabbage**, and top roll. Lightly coat tops and bottoms of panini with **cooking spray** and place in pan used to cook onions. Place a heavy pan or pot over panini and cook until crisp and toasted, 1-3 minutes. Repeat on second side. Remove to cutting board and halve on an angle.



3

Cook the Chicken

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until browned, 2-4 minutes per side. Transfer chicken to baking sheet and roast until chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes. Let rest 5 minutes before cutting into ½" slices. Reserve pan; no need to wipe clean. While chicken roasts, caramelize onions.



6

Plate the Dish

Place **panini** on plate and serve **pasta salad** on side.