

Sweet Chilli Chicken Burger with Spiced Sweet Potato Fries & Garlic Aioli

KID FRIENDLY

BEST SELLER

Grab your Meal Kit with this symbol





Sweet Potato









Chicken Breast



Bake-At-Home

Burger Buns

Sauce





Leaves





Prep in: 20-30 mins Ready in: 35-45 mins

Eat Me Early

Before you start

Wash your hands and any fresh food.

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

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	2	4	
Aussie spice blend	1 medium sachet	1 large sachet	
tomato	1	2	
soy sauce*	1 tbs	2 tbs	
sweet chilli sauce	1 medium packet	2 medium packets	
chicken breast	1 small packet	1 large packet	
bake-at-home burger buns	2	4	
garlic aioli	1 medium packet	1 large packet	
mixed salad leaves	1 small bag	1 medium bag	
haloumi**	1 packet	2 packets	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3418kJ (817Cal)	589kJ (141Cal)
Protein (g)	48.8g	8.4g
Fat, total (g)	27.2g	4.7g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	89.7g	15.5g
- sugars (g)	28.3g	4.9g
Sodium (mg)	1445mg	249mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3834kJ (916Cal)	759kJ (181Cal)
Protein (g)	31g	6.1g
Fat, total (g)	46.1g	9.1g
- saturated (g)	18.5g	3.7g
Carbohydrate (g)	90.8g	18g
- sugars (g)	29.3g	5.8g
Sodium (mg)	2400mg	475mg

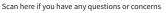
The quantities provided above are averages only.

Allergens

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

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









Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, sprinkle with Aussie spice blend and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Prep the tomato & sauce

- Meanwhile, thinly slice tomato.
- In a small bowl, combine the soy sauce and sweet chilli sauce.

Little cooks: Take charge by combining the sauces!



Prep the chicken

- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- Season both sides of the chicken with salt and pepper.

Custom Recipe: If you've swapped to haloumi, slice haloumi to get one piece per person.



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook chicken until cooked through, 3-4 minutes each side.
- Add sweet chilli mixture and cook, turning chicken to coat, 1 minute.

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

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Add sweet chilli mixture, turning haloumi to coat.



Heat the burger buns

 Meanwhile, halve bake-at-home burger buns and bake directly on a wire oven rack until heated through, 2-3 minutes.



Serve up

- Spread the bun bases with garlic aioli.
- Top each bun base with some mixed salad leaves, tomato slices and sweet chilli chicken.
- · Serve with spiced sweet potato fries. Enjoy!

Little cooks: Take the lead and help build the burgers!

Custom Recipe: Top each burger with a slice of golden haloumi to serve.

Rate your recipe

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