



Parmesan Crumbed Chicken Burger

with Sweet Potato Fries & Mayo

MONTHLY SPECIAL

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Panko Breadcrumbs



Shaved Parmesan Cheese



Chicken Breast



Bake-At-Home Burger Buns



Tomato



Mayonnaise



Mixed Salad Leaves



Shredded Cheddar Cheese

Prep in: 25-35 mins
Ready in: 30-40 mins

Eat Me Early

Look out takeaway, there's a new chicken burger on the scene. Whether it's the golden crumb on the chicken, the silky mayo or the soft brioche-style buns, every bite is a delight – and best of all you made it yourself!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plain Flour, Egg

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 · Large frying pan

Ingredients

	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
plain flour*	½ tbs	1 tbs
egg*	1	2
panko breadcrumbs	1 medium packet	2 medium packets
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
chicken breast	1 small packet	1 large packet
bake-at-home burger buns	2	4
tomato	1	2
mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3919kJ (937Cal)	630kJ (151Cal)
Protein (g)	59.3g	9.5g
Fat, total (g)	32g	5.1g
- saturated (g)	8.9g	1.4g
Carbohydrate (g)	98.1g	15.8g
- sugars (g)	17.1g	2.7g
Sodium (mg)	1173mg	188mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4263kJ (1019Cal)	664kJ (159Cal)
Protein (g)	64.1g	10g
Fat, total (g)	39.1g	6.1g
- saturated (g)	13.2g	2.1g
Carbohydrate (g)	98.1g	15.3g
- sugars (g)	17.1g	2.7g
Sodium (mg)	1317mg	205mg

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.

We're here to help!

Scan here if you have any questions or concerns



Bake the fries

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

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

Custom Recipe: If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove fries from the oven. Sprinkle over shredded Cheddar cheese. Return tray to oven and cook until cheese is golden.



Cook the chicken

- In a large frying pan, add enough **olive oil** to coat the base and heat over medium-high heat. Once hot, cook **crumbed chicken**, in batches, until golden and cooked through, **2-4 minutes** each side.
- Transfer to a paper towel-lined plate.

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



Get prepped

- While the fries are baking, combine **Aussie spice blend** and the **plain flour** in a shallow bowl.
- In a second shallow bowl, whisk the **egg**.
- In a third shallow bowl, mix **panko breadcrumbs** and **shaved Parmesan cheese**.



Heat the burger buns

- Halve **bake-at-home burger buns** and bake directly on a wire oven rack, until heated through, **2-3 minutes**.
- Meanwhile, thinly slice **tomato**.



Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm thick.
- Dip **chicken** into the **flour mixture**, followed by the **egg**, and finally in the **panko mixture**. Set aside.

Little cooks: Help crumb the chicken! Use one hand for the wet ingredients and the other for the dry ingredients to avoid sticky fingers! Make sure to wash your hands well afterwards.



Serve up

- Spread the bun bases with **mayonnaise**.
- Top with some **mixed salad leaves**, the Parmesan crumbed chicken and sliced tomato.
- Serve with sweet potato fries. Enjoy!

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

Rate your recipe

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