



Mumbai Crumbed Chicken Burger

with Chicken Salted Fries & Coconut Sweet Chilli Mayo

KID FRIENDLY

BESTSELLER



Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Chicken Breast



Mumbai Spice Blend



Panko Breadcrumbs



Bake-At-Home Burger Buns



Chicken Salt



Coconut Sweet Chilli Mayonnaise



Baby Spinach Leaves



Shredded Cheddar Cheese

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

Eat Me Early

Burgers are truly unbeatable, so we thought we'd jazz this week's one up by adding Mumbai spice that takes the flavour up a few notches. Matched with our chicken salt fries, you now have yourself some crunch, some crispiness and total taste!

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
tomato	1	2
chicken breast	1 medium packet	2 small packets OR 1 large packet
plain flour*	½ tbs	1 tbs
Mumbai spice blend	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
chicken salt	1 sachet	2 sachets
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
baby spinach 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)	3888kJ (929Cal)	627kJ (150Cal)
Protein (g)	55.5g	8.9g
Fat, total (g)	35.2g	5.7g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	93.6g	15.1g
- sugars (g)	11.2g	1.8g
Sodium (mg)	1958mg	316mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4232kJ (1011Cal)	661kJ (158Cal)
Protein (g)	60.3g	9.4g
Fat, total (g)	42.2g	6.6g
- saturated (g)	11.5g	1.8g
Carbohydrate (g)	93.6g	14.6g
- sugars (g)	11.2g	1.7g
Sodium (mg)	2102mg	328mg

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 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 **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

Custom Recipe: If you've added shredded Cheddar cheese, in the last 5 minutes of cook time, remove tray from oven. Sprinkle fries with shredded Cheddar cheese and continue baking until golden and crisp, 5 minutes.



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**.



Prep the chicken

- Meanwhile, thinly slice **tomato**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a shallow bowl, combine the **plain flour**, **Mumbai spice blend** and the **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- Dip **chicken** into **flour mixture** to coat, then into the **egg**, and finally in **breadcrumbs**. Set aside on a plate.

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.



Season the fries

- Remove fries from oven and sprinkle over **chicken salt**. Toss to coat.

Little cooks: Help with sprinkling over the chicken salt!



Cook the chicken

- When fries have **10 minutes** remaining, in a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- Cook **crumbed chicken** in batches, until golden and cooked through (when no longer pink inside), **3-5 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the crumbed chicken doesn't stick to the pan!



Serve up

- Spread bun bases with **coconut sweet chilli mayonnaise**.
- Top with **baby spinach leaves**, crumbed chicken and tomato slices.
- Serve with chicken salted sweet potato fries. Enjoy!

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

Rate your recipe

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