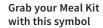




# Cheesy Aussie Chicken Burger with Fries & Garlic Aioli









Chicken Tenderloins





Aussie Spice Blend





Bake-At-Home Burger Buns

Cheddar Cheese



Garlic Aioli



Mixed Salad



Prep in: 10 mins Ready in: 25 mins

Eat Me Early

There's nothing quite like a perfectly spiced chicken burger to cheer up the gang – that's just simple science! Pop it in a brioche-style bun with cheese, tomato and a slathering of our garlic aioli, then add a side of crispy fries for an unbeatable quick dinner.

**Pantry items** Olive Oil

SEM



# Before you start Wash your hands and any fresh food.

#### You will need

Oven tray lined with baking paper · Large frying pan

#### Ingredients

|                          | 2 People        |
|--------------------------|-----------------|
| olive oil*               | refer to method |
| potato                   | 2               |
| chicken tenderloins      | 1 small packet  |
| Aussie spice blend       | 1 medium sachet |
| tomato                   | 1               |
| bake-at-home burger buns | 2               |
| Cheddar cheese           | 1 medium packet |
| garlic aioli             | 1 medium packet |
| mixed salad leaves       | 1 small bag     |

#### \*Pantry Items

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3613kJ (864Cal) | 628kJ (150Cal) |
| Protein (g)      | 55.8g           | 9.7g           |
| Fat, total (g)   | 37.7g           | 6.6g           |
| - saturated (g)  | 9.8g            | 1.7g           |
| Carbohydrate (g) | 70.8g           | 12.3g          |
| - sugars (g)     | 9.1g            | 1.6g           |
| Sodium (mg)      | 1007mg          | 175mg          |

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 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 the fries between two trays.



#### Bake the buns

- When the fries have **5 minutes** remaining, thinly slice **tomato** into rounds. Slice bake-at-home burger buns in half.
- Place burger buns on the oven tray with the fries. Sprinkle bases with Cheddar cheese. Bake until heated through and cheese is melted, 3-5 minutes.



#### Cook the chicken

- Meanwhile, combine chicken tenderloins, Aussie spice blend and a drizzle of olive oil in a medium bowl. Season with salt and pepper.
- · When the fries have 10 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil.
- Cook **chicken** until browned and cooked through, **3-4 minutes** each side.

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



## Serve up

- Spread buns with some garlic aioli. Top with tomato, chicken and mixed salad leaves.
- Serve with fries and any remaining aioli. Enjoy!



Let our Culinary team know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns





