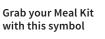


TAKEAWAY FAVES











Sweet Potato



Mexican Fiesta



Bake-At-Home

Burger Buns

Spice Blend



Mayonnaise



Tomato Salsa



Mixed Salad



Leaves





Prep in: 10-20 mins Ready in: 30-40 mins

There's nothing quite like a good burger to cheer you up - that's just simple science. Pop the perfectly Mexican-spiced chicken breast in a brioche-style burger bun along with tomato salsa, mayo and greens, then serve with sweet potato fries for an unbeatable dinner combo.



Eat Me Early

**Pantry items** 

## 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
chicken breast	1 small packet	2 small packets OR 1 large packet		
Mexican Fiesta spice blend 🥖	1 medium sachet	2 medium sachets OR 1 large sachet		
bake-at-home burger buns	2	4		
mayonnaise	1 packet (40g)	1 packet (80g)		
tomato salsa	1 medium packet	1 large packet		
mixed salad leaves	1 small bag	1 medium bag		
light sour cream	1 medium packet	1 large packet		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3327kJ (795Cal)	573kJ (137Cal)
Protein (g)	47.7g	8.2g
Fat, total (g)	28.7g	4.9g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	82.1g	14.1g
- sugars (g)	19.6g	3.4g
Sodium (mg)	1358mg	234mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4061kJ (970Cal)	<b>544kJ</b> (130Cal)
Protein (g)	83g	11.1g
Fat, total (g)	32.3g	4.3g
- saturated (g)	10.5g	1.4g
Carbohydrate (g)	82.1g	11g
- sugars (g)	19.6g	2.6g
Sodium (mg)	1435mg	192mg

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 220°C/200°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.



## Heat the buns

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



#### Cook the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- SPICY! This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **Mexican Fiesta spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, until lightly browned and cooked through (when no longer pink inside), **3-6 minutes** each side (depending on thickness). Transfer to a plate

**Custom Recipe:** If you've doubled your chicken, prepare chicken breast as above. Cook chicken in batches for the best results.



## Serve up

- Spread each bun base with mayonnaise and some tomato salsa.
- Top with Mexican chicken steaks and mixed salad leaves.
- Serve with fries, **light sour cream** and remaining tomato salsa. Enjoy!



