

Crumbed Chicken Burger

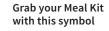
with Fries & Sweet Chilli Aioli

BESTSELLER

CUSTOMER FAVOURITE

TAKEAWAY FAVES

KID FRIENDLY













Sweet Chilli Sauce







Panko Breadcrumbs





Bake-At-Home **Burger Buns**





Eat Me Early

There's nothing quite like a golden crumb on a tender chicken breast to cheer you up – that's just simple science. Pop it



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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
lemon	1/2	1	
tomato	1	2	
sweet chilli sauce	1 small packet	1 medium packet	
garlic aioli	1 medium packet	1 large packet	
slaw mix	1 small bag	1 large bag	
plain flour*	2 tbs	1/4 cup	
salt*	1 tsp	2 tsp	
egg*	1	2	
panko breadcrumbs	1 medium packet	1 large packet	
chicken breast	1 small packet	2 small packets OR 1 large packet	
bake-at-home burger buns	2	4	
haloumi**	1 packet	2 packets	
* D			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4129kJ (987Cal)	578kJ (138Cal)
Protein (g)	56.1g	7.9g
Fat, total (g)	36.1g	5.1g
- saturated (g)	7.1g	1g
Carbohydrate (g)	102.1g	14.3g
- sugars (g)	17.7g	2.5g
Sodium (mg)	1663mg	233mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4529kJ (1082Cal)	708kJ (169Cal)
Protein (g)	39.3g	6.1g
Fat, total (g)	54.2g	8.5g
- saturated (g)	20g	3.1g
Carbohydrate (g)	103.3g	16.2g
- sugars (g)	18.7g	2.9g
Sodium (mg)	2613mg	409mg

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.



Scan here if you have any questions or concerns





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.

Custom Recipe: If you've swapped to haloumi, in a medium bowl, add haloumi and cover with water.



Get prepped

- Meanwhile, zest lemon to get a pinch, then slice into wedges. Thinly slice tomato.
- In a small bowl, combine sweet chilli sauce, lemon zest and half the garlic aioli.
- In a medium bowl, combine remaining aioli with a generous squeeze of lemon juice and a pinch of salt and pepper. Add slaw mix and toss to coat.

Little cooks: Take charge by combining the sauces!



Crumb the chicken

- In a shallow bowl, combine the plain flour, the salt and a good pinch of pepper. In a second shallow bowl, whisk the egg. In a third shallow bowl, combine panko breadcrumbs with a pinch of salt and pepper.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- Dip **chicken** into **flour** to coat, then into **egg**, and finally in **breadcrumbs**. Transfer to a plate.

Custom Recipe: Drain haloumi and pat dry. Slice haloumi horizontally to get 1 piece per person. Dip haloumi slices into flour mixture, followed by the egg and finally in panko breadcrumbs. Set aside on a plate.



Cook the chicken

- In a large frying pan, heat enough olive oil to coat the base over medium-high heat. When oil is hot, cook chicken, in batches, until golden and cooked through, 3-4 minutes each side.
- Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the chicken does not stick to the pan.

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook haloumi until golden brown, 2 minutes each side. Set aside on a paper towel-lined plate.



Heat the burger buns

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



Serve up

- Spread sweet chilli aioli over bun bases. Top with crumbed chicken (you can either double stack or save half for lunch!), tomato slices and a handful of slaw.
- Serve with fries and any remaining slaw. Enjoy!

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

