



Crumbed Chicken Burger

with Fries & Sweet Chilli Aioli

BESTSELLER

CUSTOMER FAVOURITE

TAKEAWAY FAVES

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Lemon



Tomato



Sweet Chilli Sauce



Garlic Aioli



Slaw Mix



Panko Breadcrumbs



Chicken Breast



Bake-At-Home Burger Buns



Haloumi

Prep in: 30-40 mins
Ready in: 35-45 mins

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 in a burger bun with creamy slaw and sweet chilli aioli, then add sesame fries for an unbeatable dinner combo.

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
potato	2	4
lemon	½	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	¼ 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

*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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

4



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.

2



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!

5



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**.

3



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.

6



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!

Rate your recipe

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