



# Cheesy Aussie Chicken Burger

with Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Chicken Tenderloins



Aussie Spice Blend



Tomato



Bake-At-Home Burger Buns



Cheddar Cheese



Garlic Aioli



Mixed Salad Leaves

Prep in: **10 mins**  
Ready in: **25 mins**

**1** 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
<b>olive oil*</b>	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](https://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 **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!

## Rate your recipe

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