



# Korean Fried Chicken Burger

with Sesame Sweet Potato Fries & Corn

TASTE TOURS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Corn



Mixed Sesame Seeds



Cucumber



Sesame Oil Blend



Chicken Breast



Panko Breadcrumbs



Bake-At-Home Burger Buns



Cheddar Cheese



Slaw Mix



Garlic Aioli



Sweet Chilli Sauce

### Recipe Update

We've replaced the smokey aioli in this recipe with garlic aioli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins  
Ready in: 35-45 mins

Eat Me Early

Korean cuisine isn't shy about using big, bold, and outrageous flavours. These chicken breasts are no exception. They take a cue from the Asian nation's famed version of fried chicken and are teamed with crisp sesame cucumber salad, sweet potato fries and corn for an absolutely vibrant feast.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Soy Sauce, Sugar, 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
corn	2 cobs	4 cobs
mixed sesame seeds	1 medium packet	2 medium packets
cucumber	1	2
sesame oil blend	1 packet	2 packets
<b>vinegar*</b> (white wine or rice wine)	1 tbs	2 tbs
<b>soy sauce*</b>	1 tbs	2 tbs
<b>sugar*</b>	pinch	pinch
chicken breast	1 small packet	2 small packets OR 1 large packet
<b>plain flour*</b>	1 tbs	2 tbs
<b>egg*</b>	1	2
panko breadcrumbs	1 medium packet	1 large packet
bake-at-home burger buns	2	4
Cheddar cheese	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag
garlic aioli	1 large packet	2 large packets
sweet chilli sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6317kJ (1510Cal)	576kJ (138Cal)
Protein (g)	73.4g	6.7g
Fat, total (g)	64.2g	5.9g
- saturated (g)	14.2g	1.3g
Carbohydrate (g)	154g	14g
- sugars (g)	48.7g	4.4g
Sodium (mg)	1789mg	163mg

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 & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into fries.
- Place **fries** and **corn** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt**. Toss to coat.
- Bake until fries are tender and corn is golden, **20-25 minutes**.

**TIP:** If your oven tray is getting crowded, divide the fries and corn between two trays.



## 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 **crumbed chicken**, in batches, until just golden, **1-2 minutes** each side (it will finish cooking in step 5!).
- Transfer to a paper towel-lined plate.

**TIP:** Add extra oil between batches if needed so the chicken doesn't stick to the pan!



## Make the sesame cucumber

- Meanwhile, thinly slice **cucumber**.
- In a medium bowl, combine **cucumber**, **sesame oil blend**, the **vinegar**, **soy sauce** and a generous pinch of **salt** and **sugar**. Set aside.



## Bake the chicken & burger buns

- Halve **bake-at-home burger buns**. Place **burger buns** and pan-fried **chicken** on a second lined oven tray.
- Top chicken with **Cheddar cheese**.
- Bake until chicken is cooked through, the cheese is melted and buns are heated through, **3-5 minutes**.
- Meanwhile, in a large bowl, combine **slaw mix** and half the **garlic aioli**. Season to taste.

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



## Crumb the chicken

- Place **chicken breast** between two sheets of baking paper. Pound with a meat mallet or rolling pin until an even thickness, about 1cm.
- In a shallow bowl, combine the **plain flour**, the **egg** and a generous pinch of **salt**. Whisk to combine.
- In a second shallow bowl, place **panko breadcrumbs**.
- Dip **chicken breast** into **egg mixture** to coat, then into **breadcrumbs**. Set aside on a plate.



## Serve up

- Top each bun with some slaw, sesame cucumber and chicken. Drizzle with **sweet chilli sauce**.
- Divide Korean fried chicken burgers and sweet potato fries between plates.
- Serve with corn, remaining sesame cucumber and garlic aioli. Enjoy!

**TIP:** If you can't fit all the chicken in the buns, slice any remaining chicken and serve on the side!

## Rate your recipe

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