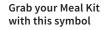


# Korean Fried Chicken Burger

with Sesame Sweet Potato Fries & Corn

TASTE TOURS

**CLIMATE SUPERSTAR** 







**Sweet Potato** 





Mixed Sesame



Cucumber

Seeds



Sesame Oil Blend





Panko Breadcrumbs



Chicken Breast

Bake-At-Home **Burger Buns** 





Cheddar Cheese



Garlic Aioli



Sweet Chilli Sauce



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



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,

## 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  $\cdot$  Large frying pan

# Ingredients

| ingredients                              |                 |                                      |  |
|--|-----------------|--------------------------------------|--|
|  | 2 People        | 4 People                             |  |
| olive oil*                               | 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                            |  |
| vinegar* (white<br>wine or rice<br>wine) | 1 tbs           | 2 tbs                                |  |
| soy sauce*                               | 1 tbs           | 2 tbs                                |  |
| sugar*                                   | pinch           | pinch                                |  |
| chicken breast                           | 1 small packet  | 2 small packets<br>OR 1 large packet |  |
| plain flour*                             | 1 tbs           | 2 tbs                                |  |
| egg*                                     | 1               | 2                                    |  |
| panko<br>breadcrumbs                     | 1 medium packet | 1 large packet                       |  |
| bake-at-home<br>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                            |                 |                                      |  |

#### \*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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 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.



#### 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.



#### 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.



## 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!



# 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.



# 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!



