



Mexican-Spiced Chicken Fillet Burger

with Sour Cream, Sweet Potato Fries & Tomato Salsa

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Chicken Breast



Mexican Fiesta Spice Blend



Bake-At-Home Burger Buns



Mayonnaise



Tomato Salsa



Mixed Salad Leaves



Light Sour Cream



Chicken Breast

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

There's nothing quite like a good burger to cheer you up – that's just simple science. Pop the perfectly Mexican-spiced chicken breast in a brioche-style burger bun along with tomato salsa, mayo and greens, then serve with sweet potato 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

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 |
| sweet potato | 2 | 4 |
| chicken breast | 1 small packet | 2 small packets OR 1 large packet |
| Mexican Fiesta spice blend 🌶️ | 1 medium sachet | 1 large sachet |
| bake-at-home burger buns | 2 | 4 |
| mayonnaise | 1 packet (40g) | 1 packet (80g) |
| tomato salsa | 1 medium packet | 1 large packet |
| mixed salad leaves | 1 small bag | 1 medium bag |
| light sour cream | 1 medium packet | 1 large packet |
| chicken breast** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3270kJ (782Cal) | 563kJ (135Cal) |
| Protein (g) | 51.7g | 8.9g |
| Fat, total (g) | 25.4g | 4.4g |
| - saturated (g) | 8.5g | 1.5g |
| Carbohydrate (g) | 82.2g | 14.1g |
| - sugars (g) | 19.6g | 3.4g |
| Sodium (mg) | 1337mg | 230mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3984kJ (952Cal) | 534kJ (128Cal) |
| Protein (g) | 88.3g | 11.8g |
| Fat, total (g) | 27.9g | 3.7g |
| - saturated (g) | 9.3g | 1.2g |
| Carbohydrate (g) | 82.4g | 11g |
| - sugars (g) | 19.6g | 2.6g |
| Sodium (mg) | 1407mg | 189mg |

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 **220°C/200°C fan-forced**. Cut **sweet 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.

3



Heat the buns

- Meanwhile, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.

2



Cook the chicken

- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. In a medium bowl, combine **Mexican fiesta spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **chicken**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken** until lightly browned and cooked through, **3-6 minutes** each side (depending on thickness). Transfer to a plate to rest.

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

Custom Recipe: If you've doubled your chicken breast, prepare chicken as above. Cook chicken in batches for the best results.

4



Serve up

- Spread each bun base with **mayonnaise** and some **tomato salsa**. Top with Mexican chicken steaks and **mixed salad leaves**.
- Serve with fries, **light sour cream** and remaining tomato salsa. Enjoy!

Rate your recipe

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